THE LADIES Phyſical Directory: OR, A TREATISE

Of all the *Weakneſſes*, *Indiſpoſitions*, and *Diſeaſes* peculiar to the *Female Sex*, from Eleven Years of Age to Fifty and upwards.

BY WHICH

WOMEN and MAIDS of the meaneſt Capacity may perfectly underſtand the *Symptoms*, *Nature*, and true *Cauſe* of their own ILLNESSES, and readily know how to manage themſelves under all their INFIRMITIES.

WITH

Proper REMEDIES, in *Engliſh* preſcribed, for the *Green-ſickneſs*, *Obſtructions*, *Immoderate Fluxes*, *Hyſterick Affections*, the *Piles*, and every other *Diſorder* or *Diſtemper* the FAIR SEX are particularly liable to; whereby they may certainly and quickly cure themſelves, without Trouble, the Advice, or Knowledge of any other Perſon.

To which is Annex'd,

A Practical Diſcourſe on BARRENNESS in WOMEN, and IMPOTENCY, INFERTILITY, and SEMINAL WEAKNESSES in MEN.

DIRECTING

How they may be infallibly cured, and thoſe Women render'd fruitful, who have been deem'd incurably Barren for many Years; and ſuch Men become able to propagate their Species, who through Imbecility, *Seminal Diſorders*, *&c.* have for ſeveral Years thought it impoſſible.

WITH

A Clear and very particular ACCOUNT of GENERATION and CONCEPTION; and a *Digreſſion* concerning the Method of Begetting SONS rather than DAUGHTERS, or of DAUGHTERS rather than SONS.

ALSO

Of MISCARRIAGE in WOMEN, and how it may be aſſuredly prevented, even in thoſe who have miſcarried nine or ten Times before; with Directions to Ladies how to conduct themſelves during their PREGNANCY and in CHILD-BED, and how to cauſe a SAFE and EASY DELIVERY.

LIKEWISE

AMPLE Inſtructions to Midwives and Nurſes, how to treat their Child-bed Women with Safety and Succeſs, and ſeveral Remedies, proper to be adminiſter'd, communicated without Reſerve; as alſo Directions for the better Management of new-born INFANTS, ſo as more certainly to preſerve their Lives: With a Diſſertation concerning Suckling of Children, and Bringing them up by Hand.

The Whole Illuſtrated

With various Caſes of Perſons cured, proper Hints, uſeful Cautions, Obſervations, and Inſtructions, the like for General Benefit to both SEXES never before Publiſhed; and highly neceſſary for every Family in the Nation.

By a PHYSICIAN. K

The Eighth Edition, with ſome very material Additions.

LONDON Printed: And Sold, by the AUTHOR's Appointment, only at the Gentlewoman's at the *Two Blue Poſts* in *Haydon-Yard* in the *Minories*, 1742.
Price Bound 2 s. 6 d.

ALL *the Medicines preſcribed and recommended in this* Ladies Phyſical Directory, *and the following* Practical Diſcourſe on Barrenneſs, &c. *(except a few Remedies which Ladies are directed how to get made in their own Families, or are adviſ'd to ſend for, to an Apothecary's) are to be had faithfully prepared, by the Author's Appointment, only at the* Gentlewoman's *at the* Two Blue Poſts *in* Haydon-Yard *in the* Minories, London, *at the moderate Rates ſet down in the Catalogue of them, printed at the End of the ſaid two Treatiſes.*

NOTE, *Thoſe Perſons who think fit to ſend Letters for the Author, to be left at the Place abovementioned, are deſired not to expect Anſwers, unleſs they ſend Fees with them; for he has not Leiſure to read Letters, conſider particular Caſes, and return Anſwers, without ſuitable Gratifications for his Time and Trouble. They are deſired alſo to mention in their Letters what Fees they ſend.*

And thoſe Perſons who ſend Letters from the Country, directed for the Gentlewoman *at the* Two Blue Poſts *in* Haydon-Yard *in the* Minories, London, *are deſired to ſend them Poſt-paid.*

BRITISH MUSEUM

ERRATA:

PAGE 61. Line 32. for *their* read *her*. p. 73. l. 29. for *has* read *had*. p. 87. l. 40. read *for their whole Life-time*.

What other ſmall Errors may have eſcaped the Correction of the Preſs, the Reader is deſired to excuſe.

The PREFACE,

Neceſſary to be Firſt Read.

THE *Uſefulneſs of a Treatiſe of this kind is ſo evident, that it requires little or no Apology in its Behalf: The ſlender Knowledge the* Fair Sex *have of their own* Infirmities *and* Diſorders, *is the Reaſon they ſeldom call for Aſſiſtance, till their* Illneſſes *are arrived at too great a Height, for the Management of thoſe they commonly apply to for Help; and by that Means many of them are ruined in their* Conſtitution, *become incurably* Barren, *and oftentimes loſe their* Lives, *almoſt before they apprehend they are in Danger.*

AND what is much to be lamented, thoſe who chiefly undertake the Cure of the Secret Indiſpoſitions *of the* Female Sex, *and who are generally, or for the moſt Part only adviſ'd with on thoſe Occaſions, are notoriouſly ignorant of them; I mean* Midwives, Nurſes, *and other* good Women, *who, however well they may mean, are ſo little acquainted with the* Nature *and various* Cauſes *of the* Weakneſſes *and* Diſeaſes *I have treated of, or of any* rational Method *of curing them, that what they commonly adviſe to, are mere inſignificant Trifles, and thoſe frequently wrong-timed.*

ISINGLASS *boiled in* Milk, Turpentine Pills, Clary fry'd with Eggs, Archangel Flowers, Armenian Bole, *vulgarly called* Bole Armonick, Sperma Ceti, Confection of Alkermes, Penny-Royal Water, *Dr.* Stephens's Water, *and compound* Bryony Water, *commonly call'd* Hyſterick Water, *are in a manner their whole Magazine of Remedies; and while the Patients are amus'd and drill'd on by ſuch kind of Practice, their* Diſtempers *gain Ground, and too often become deplorable.*

THESE Conſiderations loudly call for ſuch a Treatiſe as this, by the careful Peruſal of which, Women *and* Maids *themſelves, of any tolerable Capacity, may perfectly underſtand their own* Diſorders, *and remedy them if they pleaſe, almoſt as ſoon as they happen.*

MIDWIVES, Nurſes, *and other well-meaning* good Women *alſo, may by reading it often, really know the Nature of thoſe Illneſſes they often undertake to cure, and by directing to the* Medicines *preſcribed in it, may accompliſh that which they would never otherwiſe be able to perform.*

APOTHECARIES, Surgeons, *and* young Phyſicians *likewiſe, may herein find the* Symptoms, Cauſes, *and proper* Indications of Cure *of every* Secret Malady, Women *and* Maids *are liable to, in ſuch a diſtinct and conciſe Manner, as is not elſewhere to be met with.*

AND should any of these think fit openly to declaim against, or publickly seem to contemn this Work, at the same Time that they give it a Place in their Closets, and have recourse to it privately for Instruction, whenever they have Female Patients *under their Care, I understand this good-natur'd World so well, as to be very far from being uneasy at it.*

AS to the Medicines *directed to, they are such as all the really Ingenious, Candid, and well Experienced Gentlemen of the Profession, will easily see, are, without any pompous* Apparatus, *properly suited to the several* Indications, *and are truly replete with* Power *and* Energy, *to accomplish the* Cure *of the respective* Weaknesses *and* Diseases *they are appropriated to; which very long Experience, and a Series of Success in private Practice, fully demonstrate.*

AND that the Remedies *are absolutely Effectual for the several* Illnesses *they are mentioned to cure, farther appears, by the great Service they have done to vast Numbers of the* Fair Sex, *since they were made publick by Means of the former* seven Editions *of this* Treatise, *which were soon sold off: Insomuch that abundance of the* Female Sex, *who for some Years had suffer'd under deplorable Sickness, and were just on the Brink of the Grave, have been retrieved from it, and perfectly cured by them; and many* Ladies *of the best Note, who, thro' Illness afflicting them, were reduced to mere Skeletons, and so weak as scarcely able to stand, have been restored by them to perfect Health and Strength, so as to become more brisk and well than ever, and to conceive and bear Children to the Admiration of all who knew them.*

I HAVE indeed concealed one of the most material Ingredients *in each* Prescription, *and on which the Success of the* Medicine *chiefly depends: Had I communicated that also, the* Female Sex *could not have prepared the* Medicines *themselves, but must have applied to their Apothecaries for them; and how often their Servants make Mistakes in the Proportions of Compositions, and sometimes put in one Thing instead of another to the utter spoiling of many* Remedies, *is but too well known.*

I HAVE therefore appointed all the Medicines, *faithfully prepared and carefully made up, to be sold only by the* Gentlewoman *at the* Two Blue Posts *in* Haydon-Yard *in the* Minories London, *at as moderate Prices as any Apothecary would make them up for, with the best Ingredients, in small Quantities, were the concealed Part of each Composition discovered.*

AND by this Means I have an Opportunity of doing some small Service to the Person who sells them, at the same time that all who think fit to send for the Remedies *there, may be sure of having what is right and well prepared, and on which they may absolutely*

abſolutely depend, for the Cure *of the* Illneſſes *they are ſeverally recommended for.*

AT the End of the Book the Reader will find a Catalogue *of all the* Medicines *preſcribed in it, with the* Price *of each* Remedy *affixed to it; ſo that all* Ladies *and* others *by only ſending a Servant, or other Perſon to the Place aforeſaid, to ask for ſuch or ſuch a* Medicine *by its Name, and paying ſo much for it as in the* Catalogue *is ſet down to be the* Price, *may be always ſure of having the true Preparation they have Occaſion for, which will ever prove Effectual, and that at an eaſy Rate, without farther Trouble.*

THOSE who live in the Country, may alſo order any Friend in London, *or Carrier who comes to Town, to buy at the ſame Place any of the* Remedies *they think proper to have, and ſo be ſupplied with them with Eaſe.*

IT is neceſſary here to Advertiſe the Reader, that ſhould the Medicines be made up without the conceal'd Ingredient in each Preſcription (which has a moſt extraordinary Influence upon all the other Ingredients) they muſt not be expected to prove effectual for the Illneſſes *they are deſign'd to Cure. I mention this to prevent Patients from being impoſed upon; I having been informed by ſome Perſons who ſent Letters from the Country, directed to the* Gentlewoman *at the* Two Blue Poſts *in* Haydon-Yard *in the* Minories, *for the true Preparations, that they having been perſuaded by their Apothecaries that they could make up the Medicines for them without the conceal'd Ingredient in each, and put in ſomething of their own inſtead of it, which would anſwer the End as well, had after taking ſuch Medicines, without being duly prepared with the ſaid conceal'd Ingredient, for ſome time, found themſelves fatigued to no Purpoſe, and diſappointed of Cure; aud therefore ſent to her for thoſe Medicines that were right and truly prepared: And which having been ſent down to them accordingly, always accompliſh'd the Cure; and perfectly reſtor'd them to Health, to their intire Satisfaction.*

TO make this Treatiſe as truly uſeful to the Fair Sex *as I thought was abſolutely neceſſary, I have been forced, tho' with ſome Reluctance, to write in a very plain Manner of all their* Secret Illneſſes; *and yet I hope with ſo much Caution, as not to give Offence to the chaſteſt* Female Reader, *or ſully the Mind of any one.*

THERE are no ludicrous Expreſſions in it, or double Entendres, to excite Levity, or occaſion indecent Ideas, to be met with; but the whole will, I hope, be found to be wrote with that Serioufneſs and inartful Truth, that above all is proper for a Work of this Kind, and ſuitable to the innate MODESTY ſo eminently conſpicuous in the Fair Sex *of this* Iſland, *who in that*

Reſpect, as well as in BEAUTY, *and every other Grace and Perfection, are indeed the Glory of the whole* Female World.

AND yet, could I have made the Book intelligible to them by writing more obſcurely, I ſhould have been much better pleas'd; but that being impoſſible, I hope no one will make an ill Uſe of it, or in the leaſt blame me on that Account.

IN the firſt Chapter, Page 7, I have given Advice and Directions for the Cure of the Hyſterick Diſeaſe, *commonly call'd* Vapours, *with which ſuch vaſt Numbers of the* Fair Sex *are cruelly harraſſed, and moſt miſerably tortured; which Advice and Directions, tho' ſhort, as is there mentioned, if punctually followed, will not fail of being attended with all the deſired Succeſs imaginable; for I have known the very Method and Medicines there directed to, and them only, accompliſh a perfect Cure of that Diſtemper in its higheſt Degree, in many Perſons in a Month's Time, who for Years before had ſpent Hundreds of Pounds in vain: Nor did I ever know them fail of compleating a Cure of the* Hyſterick Diſeaſe *in any Perſon whatever, if the Directions were duly obſerved, and the Medicines regularly taken as adviſed.*

AND in the annexed Practical Diſcourſe *on* Barrenneſs, *&c. Chapter the Third, I have given ſuch particular Inſtructions relating to the Management of Child-Bed Women, as in the Preface to the ſaid annexed Diſcourſe is alſo mentioned, and have directed to ſuch Medicines, as will make the Book exceedingly uſeful, not only to the* Fair Sex *in general in their private Capacity, but alſo to* Midwives *and* Nurſes *in their publick one.*

THIS Book was firſt publiſhed above twenty Years ago, and between the ſeveral Editions it has gone through, was commonly a conſiderable Time out of Print, as it has now been for near a Year ſince the Seventh Edition *was ſold off. During theſe Intervals it was always much called for, and every Time a new Edition went to the Preſs, I added, as I have now done, ſuch farther Obſervations, and Inſtructions, as Experience cauſed me to judge neceſſary for the Good of the Publick, and which to each Edition were ſo very material and advantageous to Patients and others, that I flatter myſelf, my Readers, though they had purchaſed a Book of every one of the former Editions, would not think their Money ill laid out, in purchaſing one of the laſt.*

SOON after the Seventh Edition *of this Work was ſent into the World, another Book was publiſh'd with a Title ſounding ſomewhat like that of this Treatiſe, namely,* The Ladies Phyſical Diſpenſatory. *This at firſt Sight I took to be an Artifice, not uncommonly uſed by ſome of the loweſt Claſs of Bookſellers, in order to ſell that Book inſtead of this: For Perſons who come to buy, or ſend for Books, may not always exactly remember every Syllable of the Running-Title, and ſo may eaſily*

have

have palm'd upon them The Ladies Diſpenſatory, *inſtead of* The Ladies Phyſical Directory. *When I look'd into that Performance called the* Ladies Diſpenſatory, *I found it to be nothing, or at leaſt very little, more than a bare Tranſcription of this Work of mine, almoſt literally, together with ſome Receipts and other Matters copied alſo from Dr.* Shaw's Practice of Phyſick, *and two or three other Books, and put together ſo, as to be more likely to lead Patients into a Labyrinth, than to inſtruct them directly how to regain and preſerve their Health.*

BUT the Judgment of the Tranſcriber, or rather his Want of it, and the groſs Opinion he entertains of the incomparably chaſteſt, as well as moſt fair Part of the Creation, appears by his copying Part of an odious Piece, for ſeveral Years paſt much publiſhed, and which I always looked upon with Deteſtation, ſince the Author of it, under a Semblance of Piety, has treated of a filthy Vice, which ſcarcely ought to be mentioned, and by treating of it, has promulgated it, poſſibly to Thouſands who otherwiſe would never have heard, or ſo much as ever thought, of it. That Author has alſo ſcandalouſly imputed that hateful Vice even to the Fair Sex; whereas I believe it may with the greateſt Truth be aver'd, that not one in ten thouſand of that Sex (the vile abandon'd Sluts that infeſt our Streets only excepted) ever knew, heard, or thought of ſuch a Vice.

AND yet the notable Compiler of what is call'd The Ladies Diſpenſatory, *has copied that ſcandalous Imputation, and plac'd it in the very Front of the firſt Chapter of his tranſcribed Work; which Chapter, as ſoon as ever any modeſt Woman begins to read, I am pretty ſure ſhe will caſt the Book from her with the utmoſt Abhorrence and Deteſtation both of it, and the Writer of it. And ſo much for that piratical Jumble, which I am perſuaded no virtuous ſenſible Lady, nor candid ingenious Gentleman will ever encourage.*

BUT I am well ſatisfied, that this Eighth Edition *of* The Ladies Phyſical Directory, *and the annexed* Practical Diſcourſe on Barrenneſs, *&c. with the* Additions *I have now, in ſeveral Places throughout the whole, inſerted, will meet with as kind a Reception as the former* Editions, *ſuitable to my good Intention in Writing this* Treatiſe; *and leaving the* Fair Sex, *as well as* Gentlemen, *to judge of it themſelves, I ſhall conclude with ſubſcribing myſelf, what I really am,*

Their Faithful FRIEND,

Sept. 1ſt, 1741. And humble SERVANT.

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THE LADIES Phyſical Directory.

The INTRODUCTION.

IN treating of the Natural Weakneſſes and Diſtempers peculiarly incident to the Female Sex, I ſhall begin with thoſe occaſioned by the Irregularity of the *Menſtrual Flux* or *Monthly Courſes*; in order to which I think it firſt neceſſary to give ſome Account of them in their natural State, and from their firſt Appearance in young Women.

THEY commonly begin to flow in Maids when they are about fifteen or ſixteen Years of Age; in ſome ſooner, in others later; there having been Examples of ſome, who have had them before Fourteen; and of others who have not had the leaſt Appearance of them till after One or Two and Twenty: And it is obſervable, that when Women grow in Years, they leave thoſe ſooneſt in whom they ſooneſt appeared.

BUT generally about the Age of Fifteen or Sixteen Virgins begin to grow ripe, and if in Health to think of Love; the Blood alſo increaſes in Quantity, and at certain Periods is ſo rarefied for ſome Days, as not to be contained within its uſual Bounds, whence diſtending every where its Veſſels, it at length opens itſelf a Paſſage thro' thoſe which by their natural Structure and Poſition give it the leaſt Reſiſtance, which are the Blood Veſſels that terminate in the Womb, and from thence iſſues out; and ſo continues to flow for ſome Days, till the Quantity of Blood being ſufficiently diminiſhed, and its Rarefaction ceaſing, the Mouths of the Blood Veſſels are ſuffered to cloſe again, and the Flux ceaſes, till the next ſtated Period, that the Blood is again increaſed in ſuch a Quantity, and its Rarefaction ſo renewed, as to occaſion it to flow again in the Manner I have deſcribed: And this natural Purgation, or Flux of Blood, is called the *Monthly Terms* or *Courſes*.

THE Increaſe and Rarefaction of the Blood, and Diſtenſion of its Veſſels I have taken notice of, occaſion that univerſal Heavineſs or Uneaſineſs of the Body, Pain in the Head, Back, and Loins, Heat about the Womb and adjoining Parts,

Faintneſs

Faintneſs and Sickneſs at Stomach, which all Women more or leſs feel, every Time their *Courſes* are about to flow; which Indiſpoſitions, when extraordinary and very ſevere, ought to be remedied in the Manner I ſhall hereafter ſhew in the third Chapter.

When the *Courſes* firſt come down in Maids, they commonly do not flow above once in two Months or ten Weeks, or but very little in Quantity; but as the Fair Sex grow more ripe, and the Blood and its natural Vigour increaſes, they come down oftener, or in a larger Quantity, till the ſettled Term of once a Month is fixed, and then they continue conſtantly to flow monthly till Forty, Forty-five, and ſometimes till Fifty Years of Age, or longer, except when Illneſs, being with Child, or Suckling Children hinders.

They flow generally, from firſt to laſt, three, four or five Days, and ſometimes, though very rarely, ſix or ſeven; and the Quantity of Blood that comes away during that Time, (if the Flux is regular, and the Perſon in perfect Health,) is commonly as much as may be contained in the Shell of a Gooſe Egg, but not twenty Ounces, as the learned Dr. *Freind* in his *Emmenologia* erroneouſly aſſerts, nor half that Quantity; yet in ſome Women, eſpecially thoſe of a ſtrong Body and ſanguine Complexion, they flow in a larger Quantity than in others.

If the *Terms* flow conſtantly once a Month, and in a due Quantity, they generally preſerve the Fair Sex in perfect Health; but if they do not, or if there is any Diſorder in this Flux, Women cannot be well, becauſe the natural Texture of the Fluids is then changed, and the admirable Order of the human Machine broke.

Some of the Antients ſeem to have had very idle Ideas concerning Women's *Courſes*; imagining, or pretending to imagine, there was ſome malignant, blaſting, or hurtful Quality in them, and aſſerting that if a Woman, walking in a Garden, ſhould ſtep over Greens or Flowers at the Time ſhe had the *Menſes*, thoſe Greens or Flowers would inſtantly fade and wither away. This and ſome other ſuch like vulgar Errors concerning them, equally ridiculous and abſolutely falſe, were propagated, and ſtill are to be found in ſome ſilly Books; whereas in real Truth the Blood that comes away periodically by the Courſe of Nature, is full as good, and in every Reſpect as harmleſs, as Blood drawn from a Vein in the Arm.

The Diſorders this Monthly Purgation is liable to, being ſeveral, and very different, I intend to treat of them, and of the other Indiſpoſitions Women are particularly ſubject to, in their Order, and under their reſpective Heads or Chapters.

CHAP.

CHAP. I.

Of the Deficiency *and* Suppreſſion *of the* Terms *in married Women and Widows, and of the* Green Sickneſs *in Virgins, with* Directions *for their* Cure; *as alſo for* Hyſterick Affections *in Women, and for the* Greenſickneſs-like Indiſpoſition *that many Girls, about Eleven or Twelve Years of Age, are ſubject to.*

THE *Deficiency* of the *Courſes*, is when they flow too ſeldom, or but little in Quantity, that is, too ſparingly, or by Drops: The *Suppreſſion*, is when they do not flow at all.

IN ſome Women, as well thoſe who are married as in Widows or Maids, though the *Courſes* come down at their uſual Periods, or once a Month, yet they flow not for above one Day or two to any Significancy, inſtead of three, four or five Days together, as they ought to do: In others they do not come down above once in five or ſix Weeks, or two Months; either of which Caſes is rightly deemed a *Deficiency* of the *Courſes*, as is alſo their flowing but very little in Quantity, or by Drops only: And when they do not flow at all, for two or three Months together, it is juſtly called a *total Suppreſſion* of the *Terms*.

THE real Cauſe of this *Deficiency*, or *total Suppreſſion* of the *Courſes*, is moſt commonly in the *Blood*, which is then too poor, foul, or viſcous, (occaſioned by a bad Stomach, ill Digeſtion of Food, Colds, Grief, or Trouble of Mind,) and ſometimes in the *Veſſels* of the *Womb* through which the *Terms* flow, which then are obſtructed by a viſcous or tough Humour.

IF the Badneſs of the Blood is the Cauſe of the *Deficiency*, or *Suppreſſion* of the *Courſes*, the Perſon becomes pale, dull, and heavy, and is unwilling to ſtir about; the Face and Eyelids are ſometimes ſwell'd, the Skin of the Face and of the whole Body is of a very ill Colour, and ſhe is afflicted with Wearineſs of the Limbs, Loſs of Appetite, loathing of Food, Deſire after Things not fit to be eaten, (which laſt Symptom is more commonly found in young Virgins than in Perſons who have been married and of riper Years,) bad Digeſtion, Pain in the Stomach, which in ſome Patients is ſo violent by Fits as hardly to be borne, Shortneſs of Breath, oftentimes Swelling about the Ankles, ſometimes vomiting, and univerſal Diſorder; alſo if any Blood does flow, it generally appears of a pale and wan Colour.

IF the Fault be in the *Veſſels* of the *Womb*, the Perſon then retains her uſual Colour; but at the Time the *Courſes* ought to flow, feels racking Pains in the Small of her Back and about her Loins and Hips, Wearineſs of her Limbs, and moving Pains, accompanied with a violent Motion of the Blood, Fluſhing in the Face, Vapours, Head-ach, and general Uneaſineſs over the whole Body; and ſometimes the Blood iſſues out of the Noſe, Hemorrhoid Veins, *&c.*

WHEN the *Courſes* do not flow at all in Maids, and the Obſtruction is of long ſtanding, it is then called the *Green-ſickneſs*; but Widows, and ſometimes married Women, are afflicted with this Diſtemper as aforeſaid: The latter ought to take great care they do not miſtake the Stoppage of their monthly *Courſes*, occaſioned by their conceiving, for this Diſeaſe, leſt by taking Medicines to cure their fancied Illneſs, they ſhould cauſe a *Miſcarriage*; but if they have not their Courſes for three or four Months together, and become pale and wan, with Difficulty of breathing, without growing bigger, or having other Signs of being with Child, they may then be aſſured that the *Suppreſſion* of the *Terms* is a Diſtemper, and not cauſed by Impregnation or Conception.

IF either the *Deficiency* or the *total Suppreſſion* of the *Courſes* is not ſpeedily remedied, Barrenneſs and very dangerous Illneſſes of one kind or other will be produced, ſuch as Aſthma, Conſumption, Inflammation and Ulceration of the Lungs, Pleuriſy, the Jaundice, Dropſy, *&c.*

I HAVE ſaid, that both married Women and Widows are ſometimes troubled with a *total Suppreſſion* of the *Courſes*, as well as Maids; but it muſt be noted, that this much ſeldomer happens to them than to Maids; married Women and Widows being for the moſt Part afflicted with a *Deficiency* only, as above deſcribed, which is nevertheleſs often accompanied with very grievous Illneſſes, ſquallid Countenance, Hyſterick Fits, ſometimes racking Pains and univerſal Uneaſineſs; which are only to be cured by bringing their Courſes to their natural and regular Order of flowing once a Month, and in a due Quantity each Time.

NOW to take off all or any of the above enumerated Symptoms, to prevent the diſmal Effects of this Indiſpoſition, and to cure either the *Deficiency* or *Suppreſſion* of the *Courſes*, whether in Maids, married Women, or Widows, ſuch Remedies muſt be given as will cleanſe the Stomach and firſt Paſſages, diſſolve all viſcous Humours, rectify the Blood and Juices, free them from all Impurities, and effectually open all Manner of Obſtructions in any Part of the Body: And this is to be brought about, firſt by gentle evacuating Medicines, and then by ſuch corroborating deobſtructive

Remedies

Remedies as will confirm the Texture of the Fluids, ſtrengthen the Stomach and Bowels, create an Appetite, cauſe a good Digeſtion, and finally eſtabliſh the Blood in its natural florid State, and thereby aſſuredly reſtore a good Colour to the Face, and perfect Health to the Body.

To obtain theſe good Ends, a great Number of Medicines of various Kinds have been preſcribed by Authors, ſome of which may doubtleſs be very good, as many others are wholly inſignificant; but the following Remedies are what I entirely rely on, having long experienc'd them never to fail, when duly taken, of certainly accompliſhing the Cure in a very ſhort Time, and in an agreeable Manner.

I ADVISE therefore the Patient to begin the Cure with gentle Purging; and for that Purpoſe nothing can exceed my following *Purging Pills*, of which let her take four betimes in the Morning faſting, drinking Water-gruel, Poſſet-drink, Barley-Water, warm Ale, or Tea, in the Working, and they will give, four, five, or ſix eaſy Stools, pleaſantly cleanſe the Stomach and Bowels, and do infinite good; ſometimes a Doſe alone will bring down the *Courſes*, eſpecially if the Illneſs be but of ſhort ſtanding, and occaſioned only by a ſlight Obſtruction of the Womb-Veſſels. *They are thus made:*

No. 1. The Purging Pills.

Take of the beſt Ruſſia *Caſtor, four Grains; Opening Saffron of Steel, two Scruples; Pil. Cochiæ the greater, two Drams; Chymical Oil of Savin, three Drops; of my ſelect Mineral, half a Dram; Balſam of* Peru, *nine Drops; Syrup of Mugwort, a ſufficient Quantity; mix and make fifteen Pills.*

THE very next Day after Purging, I would adwiſe the Pattient to begin the following pleaſant *Opening Powder*, taking full as much of it as will lie heap'd upon a Shilling betimes every Morning, and at five or ſix o'Clock every Afternoon, for a compleat Month together, either licking it up from a Spoon by itſelf, or mixing it with near half a Spoonful of White Wine, or with a little of any pleaſant Syrup, as ſhe likes beſt, and drinking a Glaſs of White Wine, or a Draught of ſtrong Mace Ale, or, which is better than either, a Glaſs of bitter Wine, after each Doſe, and walking about at leaſt half an Hour or more after it, without any further Obſervation than only not to eat any thing for near an Hour before or after taking it; and it will open all Manner of Obſtructions, ſtrengthen the Stomach, purify the Blood, rectify the Juices, take away all Paleneſs, Dullneſs, Weakneſs, Difficulty of Breathing, and Pain in the Stomach, create an Appetite,

Appetite, cauſe a good Digeſtion, bring a good Colour into the Face, and make the Patient briſk, lively, active, and healthy to Admiration. *It is made thus:*

No. 2. The Opening Powder.

Take Winter's *Ginnamon, Cloves, Nutmegs, of each one Scruple; Compound Powder of Arum Root, one Dram; Prepar'd Steel, half an Ounce; double-refin'd Loaf-Sugar, one Ounce; of my Aperitive Magiſtery, an Ounce and half; mix and make a ſubtle Powder according to Art, which keep in a warm dry Place for Uſe.*

But if either the *Deficiency*, or the total *Suppreſſion* of the *Courſes* is of long ſtanding, or ſhould prove ſtubborn, and not be removed after taking this *Powder* for a whole Month or thirty Days together, which will very ſeldom, if ever, happen, then it will be neceſſary to take another Doſe of the *Purging Pills*, and the Day after that, the *Powder* again, in like Order as before, and ſo to continue it till the Illneſs is effectually cured, which will ſoon be; obſerving all the while ſhe is under this Courſe, to eat freſh Meat, rather roaſted than boil'd, and other Food that is good and eaſy of Digeſtion, and to abſtain from Fruit, Greens, and Herbs; and alſo not to drink too freely of ſmall Liquors; ſuch as Tea, ſmall Beer, *&c.* but only what is ſufficient to quench Drought; for ſmall Liquors being drank quickly after taking the *Powder*, or in too large a Quantity, will not only prevent its having ſo good Effect as otherwiſe it would, but alſo cauſe a little Sickiſhneſs at the Stomach.

But if at any Time the *Powder* ſhould happen to lie heavy on the Stomach, or make the Patient a little ſickiſh, ſhe may preſently be reliev'd from that, or any other Inconvenience, by drinking a good Glaſs of White Wine.

Note, If it is apprehended that the Patient wants Purging pretty much, and her Strength will admit of it, ſhe may then take two or three Doſes of the *Purging Pills* before ſhe begins the *Opening Powder*, always interpoſing one Day at leaſt between each Doſe.

And if ſhe finds four of the *Purging Pills* work a little too much the firſt Time ſhe takes them, then the next Time ſhe may take but three of them for a Doſe; but if ſhe finds four of them not purge enough, then ſhe may take five *Pills* for the next Doſe.

But if the Patient, by being long afflicted with this Illneſs, or by taking other Medicines, is brought into a very weak Condition, ſo as to be unfit to bear Purging, then ſhe ſhould not take the *Purging Pills* at all, but begin with the

Opening

Opening Powder, and continue to take it conſtantly, as before directed, without taking any of the *Purging Pills*; and during the Time ſhe is taking the *Powder* to provoke the *Terms*, ſhe ſhould uſe moderate Exerciſe almoſt continually, ſuch as walking abroad, or riding on Horſeback, ſtirring about Houſe, up and down Stairs, *&c.*

And after the Patient, by taking the *Purging Pills*, or *Opening Powder*, or both, has had her *Courſes* in regular Order and in a due Quantity, then to ſtrengthen the Womb and its Veſſels, to eſtabliſh the good Texture of the Blood and Juices, and to confirm her Health effectually, ſo that ſhe may not relapſe into the former Diſorder, it may be neceſſary for her to take the Quantity of a Nutmeg of the following *Corroborating Electuary*, from off the Point of a Knife, or any other Way more agreeable, every Morning, and at about five o' Clock every Afternoon, for a Fortnight, three Weeks, or a Month together, as ſhe finds proper, drinking a Glaſs of White Wine, or rather bitter Wine, after each Doſe. *It is thus made:*

No. 3. The Corroborating Electuary.

Take of Compound Powder of Arum Root, freſh made, half a Dram; candy'd Nutmegs, candy'd Ginger, of each two Scruples; candy'd Orange-Peel, candy'd Angelica, of each a Dram; prepar'd Steel, three Drams; Conſerve of Garden Scurvy-Graſs, Conſerve of Roman *Wormwood, of each three Drams; of my Aperitive Species, half an Ounce; Syrup of candy'd Ginger, a ſufficient Quantity to make an Electuary according to Art.*

This *Electuary* viſibly revives and ſtrengthens the whole Body, increaſes the Blood and Spirits, comforts, drives away Melancholy, and makes thoſe robuſt and ſtrong who before were weak and pining, ſo altering the whole Frame of Nature for the better, that one would ſtand amaz'd at it.

And thus the Cure will be pleaſantly accompliſh'd, without Confinement, Trouble, or Difficulty, and the Patient be reſtored to perfect Health, Strength, and Briſkneſs, without being any more fatigued all the while ſhe is regaining ſuch an happy State, than if ſhe took no Remedy at all, the Medicines being neither diſagreeable to the Palate or Stomach, nor occaſioning any Diſorder whatſoever, if the Directions I have given be but duly obſerved.

All *Hyſterick Affections* alſo, and thoſe numerous Diſorders that come under the Name of *Vapours*, and afflict the fair Sex ſo terribly, may be effectually cured by them, if taken for four, five, or ſix Weeks together, exactly as I have directed for the *Deficiency* of the *Terms*; obſerving only, that for the

moſt

moſt Part it is proper for *Hyſterical Women*, to loſe about eight Ounces of Blood from the Arm, the Day before this Courſe of Medicines is enter'd upon, if Strength and other Circumſtances will by any Means admit of it.

And tho' I have but thus ſlightly touched on the *Hyſterick Diſeaſe*, or as it were by the bye only; yet the *Fair Sex* afflicted with it, or with any of the great Number of Diſorders that are included in that Name, may be aſſured that by following the Method and taking the Medicines I have here recommended, they will be effectually and perfectly cured without any further Trouble, to their own as well as their Friends Admiration: Let them not eſteem my Advice the leſs therefore, becauſe I have not treated of the *Hyſterick Diſeaſe* in a diſtinct Chapter by itſelf, (which, to ſay the Truth, nothing but Want of Leiſure hindered me from) ſince by purſuing the Directions I have here given, tho' but ſhort, they may be as ſpeedily and compleatly cured, as if I had written a Treatiſe on it at large.

The ſame good Effect will theſe Remedies likewiſe have in the *Greenſickneſs-like Indiſpoſition* that many Girls are ſubject to, before they come to Maturity, namely, about eleven, twelve, or thirteen Years of Age, who often look Pale, Wan, and of a *Greenſickneſs-like Complexion*, and are ſometimes weak, dull, ſhort-breath'd, and unactive; obſerving only, that Perſons about that Age, muſt take all the Medicines I have adviſed to, in ſmaller Doſes than I have directed for Women, and ſuch as are arrived to Years of Maturity; as for Example, inſtead of taking four of the *Purging Pills* for a Doſe, two or three of them may be ſufficient at one Time to purge a Girl of about Eleven or Twelve; and after ſhe has been purged once, twice, or three Times, as her Strength will allow, or as it may be thought convenient, and is about to begin the *Opening Powder*, then inſtead of taking as much of it as will lie heap'd upon a Shilling twice a Day, let her take only as much of it as will lie upon a Sixpence: And ſo alſo of the *Corroborating Electuary*, inſtead of taking the Quantity of a large Nutmeg, let her take only the Quantity of a ſmall Hazel-Nut for a Doſe twice a Day. But in all other Reſpects let the Directions I have before given be punctually followed, and ſhe will ſoon be reſtored to a good ruddy Complexion, a chearful and active Diſpoſition, and healthy State of Body; and if ſhe ſhould happen to be troubled with Worms, as ſeveral of that Age are, theſe Remedies will intirely deſtroy them alſo, and eſtabliſh her in Strength and Vigour to Admiration.

But this *Greensickness-like Indisposition* in Girls, will often submit to a less troublesome Course of Medicine, and I have of late Years restored a great many Girls from eleven Years of Age to fifteen and upwards, labouring under this *Greensickness-like Disorder*, to perfect Health, by the Assistance only of the *Uterine Drops* prescribed in the Third Chapter of this Book Page 21 following, directing them to be taken only Twenty, Twenty-five, or Thirty Drops in a Glass of White Wine betimes every Morning, and at five or six o'Clock every Evening for a Fortnight, three Weeks, or a Month together, using good Exercise every Day, and observing not to eat any thing for about an Hour before or after each Dose. And thus the *Uterine Drops*, without any further Trouble, will for the most Part accomplish a perfect Cure without Purging or the taking any other Remedy whatever; for they immediately create a good Appetite to Food, cause a regular and easy Digestion, and restore a ruddy Countenance, lively Disposition, and settled Health.

But if it should happen, as it scarcely will to one in an hundred, that this *Green-sickness-like Indisposition* should not submit, or be compleatly cured by taking Thirty of the *Uterine Drops* dropped into a Glass of White-Wine twice every Day for a Month or thirty Days together, as above directed, then recourse ought to be had to the *Purging Pills*, *Opening Powder*, and *Corroborating Electuary* in the Manner I have before advised.

Note well, That it is highly necessary for Women, and Maids who are in perfect Health, and have their *Courses* regularly, to keep themselves warm for two or three Days whilst they flow, and drink hot Suppings to promote them, such as White-Wine Caudle, or for those of meaner Circumstances Ale Caudle, which being drank upon going to Bed, and also an Hour or two before rising in the Morning, will in most Women, cause them to come down freely and in good Order, and so preserve them in Health and Strength. A little mull'd White-Wine, or even hot Ale, with a little Spice and Sugar in it, now and then on these Occasions, are also of good Service to many Persons.

But some Women find cordial or strong Suppings at these Times rather detrimental than serviceable, and instead of them have experienced hot small Liquors, such as a good Quantity of Green-Tea, or a Mess or two of hot thin Water-gruel, *&c.* to do them more good, and occasion the Courses to flow better, more freely, and with much more Ease, than when they have drank warm Wine, or other cordial hot Suppings. Ladies will do well therefore

to try ſometimes hot Suppings of the ſmaller Kind, and ſometimes warm Suppings of the ſtronger or cordial Kind, on theſe Occaſions, and afterwards keep to thoſe which they find agree beſt with them.

For certain it is, that ſmall hot Suppings ſuit with ſome Conſtitutions beſt, as warm cordial Suppings will with others; and this will be beſt found by Perſons own Experience.

And now having briefly made known all that is neceſſary for the Cure of either the *Deficiency*, or the total *Stoppage* of the *Terms*, whether in Maids, married Women, or Widows, as alſo for *Hyſterick Affections* in Women, as well as for the *Green-ſickneſs-like Diſorder* that Girls are ſubject to, I ſhall conclude this Chapter with a Letter I received whilſt I was writing it, from a Gentleman in *Hertford*, whoſe Daughter, a young Gentlewoman, about ſeventeen Years of Age, had never had the Benefit of Nature, but was almoſt ruined by the *Green-ſickneſs*, being exceeding pale, ſhort-breath'd, and hardly able to move about, without any Appetite to Food, but deſirous of eating Chalk, Cinders, Wall, *&c.* which ſhe could ſcarcely be kept from. Her affectionate Parents had taken the Advice of ſeveral Phyſicians, and the young Lady took a great many Medicines to no Purpoſe, till ſhe took my *Purging Pills* and *Opening Powder* before-mentioned, which happily cured her: She chanced accidentally to take my Medicines thus:

Her Father being in *London* about ſix Weeks ago, was, with three or four others, Men and their Wives, invited by a worthy Gentleman his Friend, to dine with him; I being alſo deſired, made one of the Company, and after Dinner, among other Diſcourſe, the Ladies happening to talk of the reſpective Illneſſes they had ſuffered, and of the Indiſpoſitions ſeveral of their Friends laboured under, the *Hertfordſhire* Gentleman took that Opportunity, underſtanding I was a Phyſician, to acquaint me with his Daughter's Illneſs: As ſoon as he had done, I was ſent for away, but heard afterwards, that the Company proceeding on that Topic, the Gentleman of the Houſe and his Spouſe, were pleaſed to ſpeak much to my Advantage, in reſpect to the Succeſs that attended my Practice. The *Hertfordſhire* Gentleman went into the Country the next Morning, and coming to his Houſe, found his Wife, who is about thirty-ſix Years of Age, exceeding ill, with tormenting Pains in her Back, and ſometimes in her Head, attended with Fluſhings in her Face, feveriſh Heat, and univerſal Uneaſineſs, which were all occaſioned by a *Suppreſſion* of the *Courſes*, thro' a violent Cold ſhe had got, when they were juſt ready to flow: It being the firſt Time that ſhe had been afflicted in that

Manner,

Manner, ſhe was the more ſurpriſed at it, and as her Huſband came in, was going to ſend for a Phyſician near them, under whoſe Care her Daughter had for ſome time been; but her Huſband mentioning what he had heard of my Practice, and both of them conſidering what little Help their Daughter had received from the Preſcriptions of the Phyſicians they had conſulted hitherto, reſolved to ſend to me; accordingly the Gentleman wrote his Wife's Caſe in a Letter, and ſent his Servant on Horſeback with it immediately, deſiring me to direct what I thought proper, as ſoon as poſſible. I conſider'd the Lady's Caſe, and being ſenſible that her Indiſpoſition, and all the Symptoms, would be removed by provoking her *Courſes*, which were only hindered from coming down by an Obſtruction the violent Cold had cauſed in the Veſſels of the Womb, thro' which the Blood flows; I therefore ordered her a Box of my *Purging Pills*, one Doſe of which I expected would remedy the whole Matter. But leſt the *Stoppage* of the *Terms* ſhould prove ſtubborn, as ſometimes it will, I directed for her a pretty large Quantity of my *Opening Powder* alſo, adviſing her to take four of my *Purging Pills* betimes the next Morning, and if they did not accompliſh the Buſineſs, to begin the *Opening Powder* the Day following, and to take that as well as the *Purging Pills*, juſt as I have before directed in this Chapter, till her *Courſes* came down; after which I wrote that it would be neceſſary for her to take the *Corroborating Electuary*, to confirm her Health, and to prevent a Relapſe for the future. I informed the Gentleman alſo, that if one Doſe of the *Purging Pills* removed her Illneſs, then, if he pleaſed to let his Daughter take the *Pills* and *Powder* in the ſame Manner as I directed his Wife to take them, I was ſatisfied they would cure her alſo: They followed my Advice, and the Medicines had the deſired Effect, not only upon the Gentleman's Wife, whom one Doſe of the *Pills* ſet to rights, but alſo upon his Daughter and another young Woman at *Hertford*, who were both cured, as by the Letter which the Gentleman ſent me, with a very handſome Gratification, appears more particularly.

Worthy Sir,

I *Send this to return you my hearty Thanks for the great Service you have done my Family: One Doſe of the* Purging Pills *brought my Wife into good Order, without taking the* Opening Powder *at all. I ſhould have wrote to you before now, but my Wife receiving ſo much Benefit, was reſolved my Daughter, who had been ill with the* Green-ſickneſs *a great while, and had taken Abundance of Phyſick in vain, as I told you when I was in*

London, *should take both the* Pills *and* Opening Powder *as you advised in your Letter; and therefore I delayed writing till I could give you an Account of the Effect they had upon her: She being tired with taking Medicines, was with Difficulty perſuaded to take one Doſe of the* Purging Pills, *which worked very well, and being a little weak the next Day, ſhe did not begin the* Opening Powder *till the Day following; but then continued it conſtantly for about three Weeks, after which ſhe took another Doſe of the* Purging Pills, *and the next Day the* Opening Powder *again, which ſhe took for about four Days more, and it brought the Benefit of Nature upon her, ſince which ſhe eats, drinks, and digeſts her Victuals well, looks ſomething freſh and ruddy, and is recovered to Admiration. My Wife gave the Remainder of the* Powder *to a Neighbour's Daughter, who was in the ſame Condition, but ſo weak as not fit to take the* Purging Pills, *and that alone has cured her, in about a Fortnight, all but Want of Strength, which ſhe now daily recovers, and begins to look briſk, and have a good Stomach. Now, Sir, my Wife and Daughter, and the young Woman, deſire you to order the* Corroborating Electuary, *that in your Letter you informed me would be neceſſary my Wife ſhould take after the other Medicines, to confirm Health and prevent Relapſe, and they believe, by the good Effects they have already found by the* Pills *and* Powder, *That will be all the Phyſick they ſhall have Occaſion for.*

THE reſt of the Letter containing only an Encomium on my Skill, *&c.* I purpoſely omit it.

CHAP. II.

Of the immoderate Flux, *or* Overflowing *of the* Terms.

THE *Courſes* are properly deem'd immoderate, when the Blood flows from the Womb Veſſels in too large a Quantity, or too long together, or oftener than once a Month. In ſome Women they continue many Days together, in others not longer than uſual, but then return often, as once a Fortnight, or ſooner; and in ſome the *Flux* is more, in others leſs violent; many Women alſo, ſoon after their *Courſes* ſtop, are afflicted with the *Whites*, or *Piles*, and ſometimes with both.

AN *immoderate Flux* of the *Courſes* may happen indifferently to Women of any Age between ſixteen and fifty, as we very often find it does; but it is obſerved more eſpecially to afflict the fair Sex when they are between forty and fifty Years of Age, or about the Time their *Terms* are about to leave them; then it frequently happens that they do not flow above once in three or four Months; but when they do,

do, it is commonly in an exceſſive Manner, and they have been ſometimes known to continue Flowing more or leſs for a Fortnight, three Weeks, or longer, together.

THIS Illneſs, or *exceſſive Flowing* of the *Terms*, is generally cauſed by a Redundancy of Blood, or its too great Rarefaction, uſually ſaid to be occaſioned by inflammatory Particles, or ſharp ſcorbutick Salts in the Juices, and ſometimes by Diſorder of the Womb-Veſſels.

THE *Overflowing* of the *Courſes* is moſt commonly accompanied with a burning feveriſh Heat, tearing Pains in the Small of the Back, Pain and Heat about the Neck of the Womb, Head-ach, Loſs of Appetite, and languiſhing Weakneſs of the whole Body; and if not ſpeedily cured, reduces the Perſon exceedingly, cauſing total Barrenneſs, laſting Weakneſs, a ghaſtly Countenance, ſometimes Swelling of the Feet, and pining Conſumption, which terminate in Death, if not timely remedied.

IF the Blood that comes away is of a bright red Colour, and when taken upon Linnen and dry, diſcovers a pale Circle, it ſhews that the Blood is thin and wateriſh, the Veſſels of the Womb too lax or looſe, the Patient alſo is weak, and low-ſpirited, but not very feveriſh; but if it be of a deep red, and eaſily clots, it is a Sign of a Redundancy of Blood, and the Perſon is then very hot, feveriſh, and uneaſy; and if the Blood in coming away cauſes great Itching and Uneaſineſs of the Parts, it ſhews that the Juices of the Body are very acrid, or ſharp.

Now, to cure this Indiſpoſition, (Revulſion by Bleeding, *&c.* being firſt made) ſuch Medicines muſt be preſcribed, as by their cooling, abſorbent, and ſub-aſtringent Qualities, will retard the violent Motion, and leſſen the great Rarefaction of the Fluids, allay Thirſt, abate Heat, take off the Fever, ſubdue all Sharpneſs of the Juices, rectify the Blood, and ſtrengthen the Womb Veſſels; by which Means the *Courſes* will be quickly ſtopp'd, and the Patient ſoon reſtored to perfect Health and Strength.

FOR which End, and effectually to prevent the aforemention'd ill Conſequences, the Patient ſhould firſt be let Blood in the Arm, to the Quantity of about eight, nine, or ten Ounces, in Proportion to her Strength and preſent Condition; and the very next Morning, about ſix o'Clock, ſhe ought to take the Quantity of a very large Walnut, or more, of the following *Laxative Electuary*, either by itſelf, or diſſolved in a little thin Water-gruel, which ſhe likes beſt, and ſleeping about an Hour after it; and if in about two Hours after it is taken, it ſhould not move her to Stool, then it will be proper for her to take as much more of it, ſo as to give her five or ſix Stools:

Water-gruel, Barley-water, or Tea, are Liquors proper to be drank after it begins to operate. *It is thus made:*

No. 4. The Laxative Electuary.

Take Extract of Caſſia new drawn, Lenitive Electuary, and Cream of Tartar, of each ſix Drams; of my looſening Confect, ſix Drams; mix and make an Electuary according to Art.

And the Day after ſhe has been purged with the *Laxative Electuary*, let her begin the following *Cooling Anodyne Powder*, taking as much of it as will lie heap'd upon a Shilling, in a little warm Water-gruel, Barley-water, or other agreeable Liquor, betimes every Morning, and at four o'Clock every Afternoon, 'till all feveriſh Heat and other Symptoms are entirely taken off. *It is made thus:*

No. 5. The Cooling Anodyne Powder.

Take of Prunel Stone, one Dram; White Amber prepared, a Dram and an half; cooling Species of Gum Tragacanth, two Drams; of my Anodyne Salt, three Drams and an half; mix and make a fine Powder, which keep for Uſe.

And beſides this *Powder*, the Patient ſhould take the Quantity of a large Nutmeg of the following pleaſant *Reſtraining Electuary*, from the Point of a Knife, or any other Way more agreeable, at eleven o'Clock every Forenoon, and at eight o'Clock every Night, 'till the *Flux* is quite ſtopped, the Cure perfectly compleated, and the Strength wholly reſtored; minding not to eat any Thing for an Hour before or after each Doſe, but drinking a little of any agreeable Liquor, or rather a Draught of the *Conſolidating Apozem*, hereafter to be preſcribed, to waſh it down. *The pleaſant Reſtraining Electuary is thus made.*

No. 6. The Reſtraining Electuary.

Take Balauſtines, Troches of Lemnian Earth, of each one Scruple; red Coral prepared, Pomegranate Peel, of each half a Dram; Earth of Japan, Aromatick Powder with Roſes, of each two Scruples; Confect of Jacinth, a Dram; Juice of Kermes Berries, Marmalade of Quinces, of each two Drams; Conſerve of Red Roſes, three Drams; Chymical Oil of Nutmegs, three Drops; of my Metalline Abſorbent Powder, two Drams and two Scruples; Syrup of Quinces, a ſufficient Quantity to make an Electuary.

THESE two Medicines, the *Cooling Anodyne Powder* and *Reſtraining Electuary*, being taken according to Directions, will immediately ſtrike at the very Cauſe of the Illneſs, abate the violent Heat, and allay Thirſt; take off the Fever, rectify the Blood and Juices, ſtop the *immoderate Flux*, ſtrengthen the Back and weaken'd Veſſels of the Womb, prevent the *Piles*, (which are often occaſioned by the common Medicines given to abate the *Courſes*) and will bring the Patient into good Order in a ſhort Time; and by continuing them for about a Fortnight, will perfectly reſtore her to Health and Strength, and effectually prevent a Relapſe for the future.

WHEN the Fever and all preternatural Heat is perfectly extinguiſhed, the Patient may leave off taking the *Cooling Anodyne Powder*, and take only the pleaſant *Reſtraining Electuary* twice a Day, as before directed; ſo alſo if the Patient ſhould happen to be troubled with the Cholick or Gripes, ſhe muſt omit the *Powder*, but conſtantly take the *Electuary* till ſhe is perfectly cured, becauſe it admirably ſtrengthens the Stomach, Back, and weaken'd Veſſels, brings the Blood and Juices into excellent Order, fortifies the Spirits, and firmly eſtabliſhes Health and Vigour; and the more ſo, if ſhe carefully minds to drink after each Doſe of it a Draught of the *Conſolidating Apozem* before mention'd, which ſhe may make herſelf thus:

The Conſolidating Apozem.

Take Leaves of Comfrey, wild Bramble-Buſh, Plantain, Yarrow, and red Archangel Flowers, of each a Handful and an half; choice Bark of Peru, *in fine Powder, one Ounce; boil them all in five Pints of fair Water till three Pints remain; then add a Pint of Claret, and let the whole juſt boil up again, and then remove it from the Fire, cover it cloſe, and when cold ſtrain the Liquor off, and ſweeten it with treble-refin'd Sugar to your Palate, for an Apozem, which keep in Bottles for Uſe.*

Note, *The Leaves and Flowers may be bought at the Phyſick Herb-Stalls in* Covent-Garden *Market, or* Newgate *Market, or at the Phyſick Herb-Shop, at the* Adam and Eve, *in* Bearbinder-Lane, *near the late* Stocks *Market, for a Trifle, and the Bark of* Peru, *ready powdered, at any Druggiſt's.*

THIS *Apozem* is ſo very efficacious, that a Quarter of a Pint, or a good Draught of it, taken twice or thrice a Day, has been known to cure the *Over-flowing of the Courſes*, without any other Medicine, or any farther Trouble.

If the Patient, whilſt ſhe is taking the pleaſant *Reſtraining Electuary*, with the *Conſolidating Apozem*, finds herſelf coſtive, or hard bound, then once in three or four Days ſhe may take a Doſe of the *Laxative Electuary* in the Morning faſting, as before directed, (omitting to take the other Medicines that Day) and it will give three or four gentle Stools, and make the Body pleaſant and eaſy, without griping, making ſick, weakening, cauſing the leaſt Trouble, or requiring Confinement.

NOTE, Whilſt the Patient is in this Courſe, it will be convenient for her to drink freely of Tea, Barley-water, or Water-gruel, which will cool and dilute the Blood, quench Thirſt, and do much good. She muſt alſo mind to abſtain from all ſtrong and inflaming Liquors, and from hot-ſpiced Food, or ſalted Meats; but if ſhe is very faint and weak, ſhe may now and then drink a Draught of the foregoing *Coſolidating Apozem*, or a Draught of the following Liquor; namely, *An equal Quantity of ſtrong Claret and Spring-water, well boiled together till one third Part of the Whole be waſted, and then pour'd boiling hot upon a Sprig of dried Baum, Mint, or a little Bit of Cinnamon, and when cold, ſtrain'd off, and ſweeten'd with the very fineſt Loaf-Sugar*; which Liquor will prove cordial, and gently aſtringent, and is very proper to be taken, a little at a Time, for want of the *Coſolidating Apozem*, with each Doſe of the *Reſtraining Electuary*, to waſh it down, as well as at other Times, when very faint and weak.

Note alſo, That if the Patient is reduced very low, and is ſo exceeding weak and faint as not to be able to bear Bleeding and gentle Purging, tho' that very rarely happens, then ſhe muſt have immediate Recourſe to the *Cooling Anodyne Powder*, and pleaſant *Reſtraining Electuary*, with the *Conſolidating Apozem*, taking them as before directed. omitting either firſt Bleeding, or Purging, or both, as ſhe finds moſt proper.

NOTE likewiſe, That when the *Flux* of the *Courſes* is very exceſſive, or continues very long, the Patient is ſometimes ſeized with a moſt cruel and extreme inward Pain, either towards the Loins, or on one Side of the Belly, or near the Head of one of the Thigh-Bones, and ſometimes a little higher, between its Articulation or Joining and the Hip, equally ſevere with the ſtrongeſt Pains in Child-birth, and ſometimes to exceed them for Sharpneſs, and is occaſion'd by the convulſive Throws of the Womb, violently pulling and ſtretching its Ligaments from the

Parts,

Parts, wherein they are inſerted; in which Caſe, beſides what has been before adviſed, it will be proper for the Patient at Night going to Bed, to take *one Ounce* of Syrup of white Poppies, *mixed with two Ounces of* Alexiterial Milk-water *for a Draught*, which any *Apothecary* will make up for a trifling Expence, and it will ſoon take off ſuch excruciating Pain, give perfect Eaſe, Reſt, and ſweet Sleep, and may be repeated every other Night, or even every Night, if ſuch violent and inexpreſſible Pain requires it, but not otherwiſe.

THUS theſe Directions being followed, and the Medicines regularly taken, the *Overflowing of the Courſes*, be it ever ſo bad, will be moſt certainly cured; an eminent Inſtance or two of which occurring to my Memory, I judge the Relation will be acceptable as well as ſerviceable to the Reader, and therefore will inſert the Particulars, and ſo end this Chapter.

THE firſt Caſe I deſign to mention, is of a Gentlewoman about Thirty, who for ſix or eight Months before had been afflicted with the Flowing of the *Courſes* conſtantly once a Fortnight, in the ſame Quantity that uſed to flow, when ſhe was in good Order, once a Month, and as ſoon as they went off, ſhe was exceedingly troubled with the *Piles* for three or four Days, and afterwards with the *Whites* to an exceſſive Degree, which always held her till her *Terms* came down again. This Indiſpoſition had reduced her to exceeding Weakneſs; her Stomach was much out of Order, ſhe was continually feveriſh, had great Pain in her Head, but a more violent one in her Back, inſomuch that ſhe was hardly able to walk about the Houſe. As ſoon as I was acquainted with her Illneſs, I found that her Blood, by the pale Circle it diſcovered upon her Linnen, was poor, wateriſh, and very acrid, whence proceeded the feveriſh Heat, and all the other Symptoms.

AND conſidering that her Stomach and Bowels were very foul, I ordered her to take a very large Doſe of my *Laxative Electuary* the next Morning, to cleanſe them, which had very good Effect; and the Day following I cauſed her to begin my *Cooling Anodyne Powder* and pleaſant *Reſtraining Electuary*, and to take them as before directed for two Days, which took off all immoderate Heat, and ſtopp'd her *Courſes*; after that, I directed her to continue the pleaſant *Reſtraining Electuary* alone, for a Fortnight, in order to abſorb all ſharp Humours, rectify her Blood, and ſtrengthen her Back and Womb Veſſels; but in three Days Time ſhe ſent me Word, that ſhe believed ſhe ſhould be troubled with the *Piles*, being

ſomewhat

ſomewhat coſtive, and a little pained when ſhe went to Stool; I therefore directed her to take a large Doſe of the *Laxative Electuary* again, betimes the next Morning, and to omit the pleaſant *Reſtraining Electuary* that Day, and ſo to take the *laxative One* once every three or four Days, if ſhe found herſelf coſtive, and the pleaſant *Reſtraining Electuary* conſtantly the other Days, for the Remainder of the Fortnight, or till ſhe was quite well, and had perfectly recovered her Strength.

ACCORDINGLY ſhe took the Quantity of a large Walnut of the *Laxative Electuary* the next Morning, which gave her two or three looſe Stools, and wholly freed her from all Apprehenſions of the *Piles*; and the next Day ſhe began the pleaſant *Reſtraining Electuary* again; and thus, by following the Directions as above, ſhe was ſoon perfectly cured, has had her *Courſes* in regular Order, and continued in good Health ever ſince.

THE other Caſe that occurs to my Mind, is of a young Gentlewoman of about eighteen Years of Age, jolly and of a ſanguine Complexion, to whom being ſent for, I was informed that till a little before that Time ſhe had always enjoyed perfect Health, but then was taken on a ſudden with a feveriſh Heat, and an *exceſſive Flux of the Courſes*; when I came to her, ſhe had had them ten or twelve Days upon her, and they ſtill continued to flow in a very large Quantity.

HER Fever, notwithſtanding the great Loſs of Blood ſhe had ſuffer'd, being pretty high, I directed her to bleed immediately from the Arm, to the Quantity of eight Ounces, which, in ſome meaſure, diverted the Courſe of the Blood: I did not order her my *Laxative Electuary*, ſhe being very weak, and her Stomach and Bowels not foul; but preſently preſcribed my *Cooling Anodyne Powder* and pleaſant *Reſtraining Electuary*, directing her to take both of them in the Manner above ordered, for about four Days: She had not taken above ſix Doſes of each, but her feveriſh Heat was overcome, and her *Courſes* ſtopp'd; on the fourth Day ſhe happened to be a little griped, therefore I ordered her to leave off the *Cooling Anodyne Powder*, and take only the pleaſant *Reſtraining Electuary*, which ſhe did for two or three Days longer, and it perfectly cured her, ſhe only remaining a little weak, occaſioned by the exceſſive Flux ſhe had laboured under; but ſhe ſoon recovered her Strength without any more Medicines, and has remained well ever ſince.

THERE was no abſolute Neceſſity for her to continue the pleaſant *Reſtraining Electuary* any longer, becauſe the Redundancy and too great Rarefaction of her Blood, which

was

was the Cauſe of her Illneſs, being remedied by Bleeding and the cooling reſtraining Remedies, the Effect of courſe ceaſed, without danger of returning. But in the Gentlewoman's Caſe firſt mentioned, it was quite different; for her Illneſs being cauſed by acrid, or ſharp Humours, and having continued a long Time, had much injured the Womb Veſſels, which could not be ſtrengthened ſufficiently, nor her Blood have been rectified as it ought, without taking the pleaſant *Reſtraining Electuary* for a Fortnight or more; and indeed, could the young Lady have been perſuaded to have taken it for nine or ten Days longer, which ſhe refuſed to do, it would have been the better for her, for ſhe would have thereby recovered more Strength in one Day, than without it ſhe did in three, it being ſo excellently powerful in reſtoring Perſons weakened by that Illneſs.

CHAP. III.

Of the great Pain *and* ſevere Illneſs *ſome Women endure, juſt upon the coming down of their* Courſes *every Time they flow; and of the* bad Colour, *and* ill Smell *of the* Blood, *that flows from ſome Perſons; as alſo of the* Diſorders *Women ſomewhat advanc'd in Years are ſubject to, when their* Courſes *begin to leave them.*

AMONG the Diſorders of the *Courſes*, the Miſery that ſome Women undergo, juſt upon their coming down, every Time they flow, is none of the leaſt; it being very grievous, and ſometimes dangerous.

THEY are commonly afflicted with violent ſhooting Pains in the Head, Pain in the Hips, Loins, Stomach, and Bowels, the latter not much unlike the Cholick; Wearineſs of the Limbs, with moſt racking Miſery about the Region of the Womb, and great Heat in the neighbouring Parts; Loſs of Appetite, Faintneſs and Sickneſs at Stomach, and ſometimes with Vapours, Palpitation of the Heart, and Convulſions; all which proceed from the Smallneſs of the Veſſels of the Womb at their Terminations, or their convulſive Contraction, or from their being full of Blood, and their Openings obſtructed with a viſcous Matter, ſo as not freely to afford it Paſſage ſuitable to its increaſed Quantity and extraordinary Rarefaction, which plainly appears by this, that when the *Courſes* come down freely, the Symptoms preſently abate and go off.

If this Indiſpoſition is not ſpeedily remedied, there will in Time follow a total *Suppreſſion* or Stoppage of the *Terms*, from whence may proceed continual Fevers, or other fatal acute Diſeaſes: To prevent which, and cure this Diſorder, *Carminative*, *Anodyne*, *Hyſterick*, and *Deobſtructive* Medicines muſt be preſcrib'd; ſuch as will effectually expel Wind, allay Pain, correct the Viſcidity of the Juices, and open all Obſtructions, ſo as to give immediate Eaſe to the Patient in the preſent Diſorder, and entirely prevent the Return of that Indiſpoſition for the future.

Therefore aſſuredly to prevent what may enſue, and entirely to be freed from this *Difficulty of the Courſes*, or uneaſy Indiſpoſition, I would adviſe the Patient as ſoon as ſhe perceives the approaching *Flux* of the *Terms*, and is in violent Pain, to take two or three Spoonfuls of the following *Hyſterick Cordial*, and continue to take the like Quantity of it every two or three Hours, for twice more, or till ſhe has taken the whole preſcribed Quantity if there ſhould be Occaſion, that is, till the *Courſes* flow freely, or without much Pain; but be ſure no longer; minding to go to Bed, or at leaſt to lie down upon it, and be covered very warm, when ſhe takes it. The drinking hot Suppings alſo, either ſmall or a little Cordial, as is found beſt to agree, according to the Advice given Page 9, aforegoing, is very proper on theſe Occaſions. *The Hyſterick Cordial is thus made:*

No. 7. The Hyſterick Cordial.

Take Rue Water, and Penny-Royal Water, of each one Ounce; Bryony Water compound, Dr. Stephens's *Water, of each half an Ounce; Syrup of Mugwort, half an Ounce; Spirit of Salt Ammoniack, half a Dram; liquid Laudanum, prepared with Tincture of Salt of Tartar, thirty Drops; of my Hyſterick Tincture, a Dram; mix for an Hyſterick Cordial.*

This *Hyſterick Cordial* will abſolutely take off all Manner of Pain and Uneaſineſs, cauſe pleaſant Reſt and Sleep, ſupport the Patient's Spirits, ſtrengthen her Stomach, expel Wind, open all Obſtructions, and (by taking off the Spaſmodick Contraction of their Fibres) cauſe the Orifices of the Veſſels through which the Blood flows, to dilate or widen, baniſh all the Symptoms, and finally cure the Diſorder for the Time preſent.

But effectually to cure this Indiſpoſition, ſo as not to be liable to it for the future, the Patient, when the preſent Fit of Pain is overcome, and as ſoon as her *Courſes* have done flowing for that Time, ought to begin my pleaſant *Opening Powder* preſcribed in the firſt Chapter of this Book, Page 6, and

and take it constantly and exactly as is there directed for a whole Month, or six Weeks, or longer; which will assuredly free her from any Return of such severe Pain and Uneasiness, when the *monthly Terms* begin to flow for the future, entirely prevent all ill Consequences of that Indisposition, and absolutely establish Health and Strength.

In some Women the *Courses* are of various and ugly Colours, the Blood that flows being yellowish, livid, or black, and sometimes has a very nauseous Smell; which Disorders are caused by the Badness of the whole Mass of Blood, or its particular Corruption in the Vessels of the Womb. The Blood and Juices therefore must be purified, and the whole Body cleansed, by proper *Cathartick* and *Alterative* Medicines, as the Case requires.

But these Indispositions may be safely and speedily remedied by the following *Uterine Drops*, together with my *Purging Pills* prescribed in the first Chapter, Page 5. aforegoing; the Patient taking a Dose of the *Pills* betimes in a Morning fasting, as in the said first Chapter is directed, and repeating them once every four or five Days, as Strength will permit, and the *Uterine Drops* on the intervening Days, taking twenty or thirty *Drops* (first shaking the Bottle) for a Dose, betimes in a Morning fasting, in five or six Spoonfuls of luke-warm thin Water-gruel, and the like Number of them in a Glass of White-wine about five or six o'Clock every Evening, minding not to eat any Thing for near an Hour before or after each Dose, but to walk about pretty much after taking them. *They are made thus:*

No. 8. The Uterine Drops.

Take of fine, bright, and newly filed Filings of Iron, *four Ounces; of the Juice expressed from* Artichoke Bottoms, *eight Ounces; mix them in a Glass Vessel, which place in an hot Bed of Horse-Dung, where let it continue for a Month, or till the Filings are almost totally dissolved; then put the Mixture into a Retort, to which fix a Receiver, and with a gentle Fire distil to Driness. To the distilled Liquor add two Ounces of* Spirit of Salt, *and set it by for further Use. Then take the* Residium *out of the Retort, and add to it of the best* Russia Castor, *in fine Powder, one Ounce; of* Salt *of* Tartar, *an Ounce and half, the choicest* Myrrh, *in fine Powder, the best* English Saffron *well pick'd, the finest* Succotrine Aloes *in Powder, of each three Ounces; rub or grind them all very well together in a large Glass Mortar for three or four Hours, till the whole becomes moist like Paste, and then by Degrees, pour*

upon

upon it the Liquor that was drawn off from the Mixture of the Artichoke Juice, *and* Filings of Iron, *and afterwards acuated with* Spirit of Salt, *rubbing or grinding the Mass as it is pouring on it, till the whole is well mix'd, which will then ferment pretty much; then pour upon this fermenting Mass, three Pints of* Tincture of Salt of Tartar, *and let it digest in a Sand Heat for nine Days or a Fortnight, shaking the Vessel every Day; then let it settle, and decant off the clear Tincture. Take of this fine* martiated Tincture *three Parts, and of my* Carminative, Uterine Essence, *one Part; mix them and digest again in a Sand Heat for a Week longer, or till they are perfectly united; then pour off the clear* Uterine Drops, *and reserve them close stopp'd for Use.*

THESE admirable *Uterine Drops* will rectify the Stomach and Blood, purify all the Juices, and powerfully cleanse the Womb; they resist all Manner of Corruption and Putrefaction in a wonderful Degree, keep the Body in good Condition, and so particularly correct the ill State of the Fluids, without any the least Disorder, while the *Purging Pills* carry off all foul Humours, that they effectually cause the *Terms* to be of a good Colour, and free from any ill Scent whatever.

AND thus let this Course be continued for three Weeks or a Month together, or longer; namely, a Dose of the *Purging Pills* once every four or five Days, or at least once a Week, and the *Uterine Drops* constantly twice a Day, on the other Days, as before directed, and they will assuredly purify the whole Mass of Blood, cleanse the Womb-Vessels, strike at the Root of all Corruption and Putrefaction, bring the *Courses* to their natural Colour, and perfectly take away all offensive Smell, restoring the Patient to pristine Health and good Order.

AND here it will not be amiss to touch upon the Disorders that most Women labour under, when being between forty and fifty Years of Age, their *Courses* begin first to dodge, and at last to leave them; for then they are frequently troubled with severe Pain in the Head and Back, and about the Loins; sometimes also with Cholick Pains, Gripes, and Looseness; at other Times with Vapours to a violent Degree; likewise feverish Heats, wandering Rheumatick Pains, and general Uneasiness.

To prevent and cure all which, Bleeding to the Quantity of eight Ounces, if Strength will by any means admit, will be very necessary; after which, no Method or Medi-

cines,

cines, are more proper or beneficial than my *Purging Pills*, to be taken a Doſe every four or five Days, or at leaſt once a Week, (beginning the very next Day after Bleeding) and my *Uterine Drops* the other Days, in the ſame Doſe and Manner as above directed, and ſo continued for about a Month, which then will aſſuredly have the deſired Effect: And this Method of Bleeding, gentle Purging, and taking the *Uterine Drops*, ſhould be repeated about three Times every Year, but beſure Spring and Fall, Bleeding eſpecially, till the *Courſes* have entirely ceas'd flowing at all, and the Patient is well ſettled in Health without them.

But if the *Courſes* not only dodge; but when they do flow, are but very ſparing in Quantity, and the Patient is likewiſe ſubject to the *Hyſterick Diſeaſe*; then it will be beſt for her, after Bleeding as above directed, and once Purging with my *Purging Pills*, to begin my *Opening Powder* preſcrib'd in the firſt Chapter, Page 6. aforegoing, and take it conſtantly for about a Month, as is there directed, as alſo the *Corroborating Electuary* preſcrib'd in Page 7. afterwards, for about three Weeks or a Month alſo, as I have in that Chapter adviſed; and ſhe will certainly find the excellent Effects of them, by enjoying an happy and ſettled State of Health.

On the contrary, if inſtead of the *Terms* being ſparing in Quantity when they begin to dodge, they ſhould be immoderate and flow exceſſively, then recourſe muſt be had to the Method and Medicines adviſed in the ſecond Chapter for that particular Diſorder, and they will ſoon have the wiſhed-for Effect; after which, Bleeding two or three Times a Year, and Purging with the *Purging Pills* once a Week, and taking the *Uterine Drops* on the intervening Days for about a Month, as before adviſed, will procure ſettled and perfect Health.

NOTE, That the *Uterine Drops* being taken by Girls from eleven or twelve Years of Age, to Fifteeen or upwards, in the Doſe and Manner I have adviſed, will often alone, or without Purging, or any other Medicine whatever, not only prevent, but intirely free them from the *Green-ſickneſs-like Indiſpoſition*, and pale or wan Countenance, *&c.* that I haven taken notice of in the firſt Chapter, and there more at large ſpoken of.

NOTE alſo, That the *Uterine Drops* I have in this Chapter recommended, are exceedingly good for Children troubled with *Worms*, whether Boys or Girls, and generally cure them effectually, when taken as I have above directed for about a Fortnight or three Weeks together.

NOTE,

NOTE well, That in all Diſorders of the Stomach, in either Men or Women, whether Loſs of Appetite, bad Digeſtion, Sickiſhneſs, Reachings, windy Belchings, or Cholick Pains, there is not a more ſure and ſpeedy Remedy within the whole Compaſs of Phyſick than theſe moſt excellent *Uterine Drops*: I have known them effectually cure the *Hypochondriack Diſtemper* in Men, after they had taken vaſt Quantities of moſt other Medicines to no Purpoſe; they will alſo oftentimes cure the *Hyſterick Diſeaſe* or *Vapours* in Women alone, or without any other Remedy; and being taken exactly as I have directed, by either Men or Women, they come the neareſt of any Medicine yet known, to an Univerſal Remedy for reſtoring and preſerving Health and Strength; for they rectify all Diſorders whatever of the Stomach and firſt Paſſages, cauſe Perſons, who have almoſt intirely loſt their Appetite, to eat heartily and with Pleaſure, and to digeſt their Food ſpeedily and regularly; they likewiſe cleanſe and purify the Blood and Juices, promote inſenſible Perſpiration, ſtrengthen the Texture of all the Fluids, and corroborate and confirm the Tone of the Solids; by all which they reſtore a good Conſtitution, induce a pleaſant and chearful Diſpoſition of Mind, and eſtabliſh a robuſt and healthful State of Body, and therefore are good for almoſt all Sorts of Perſons, Men, Women, and Children, to reſtore them to a ſound Conſtitution, and preſerve them in ſettled Health and Strength. For which reaſon I do earneſtly recommend them to Gentlemen as well as to Ladies, in the Caſes juſt now mentioned, and alſo in all inſenſible Decays of Conſtitution, Lowneſs of Spirit, melancholy Diſpoſition, Weakneſs of the whole Habit, Want of Appetite, and in all nervous Complaints, which they never fail of abſolutely curing in a ſhort Time, and in a pleaſant Manner, without the leaſt Trouble or Diſorder whatſoever.

And thus I have gone through the Weakneſſes and Indiſpoſitions that often attend the Female Sex, occaſioned by the Irregularity of the *Menſtrual Flux* or *Courſes*, and have ſet down in a plain and intelligible Manner, the beſt Method of Cure, ſo as every one ſuffering under thoſe afflicting Illneſſes, may, without Trouble, or revealing their Caſe to any One, certainly cure themſelves with the greateſt Safety, Eaſe, and Expedition imaginable.

CHAP.

CHAP. IV.

Of the PILES.

THIS Diſtemper being common to Men, as well as to Women, it may be thought ſtrange that I treat of it here; but conſidering that many of the fair Sex do not care to acquaint Phyſicians that they are afflicted with the *Piles*, it made me conclude this Chapter would prove as ſerviceable, and be as acceptable to them as the others.

THE Indiſpoſition called the *Hæmorrhoids* or *Piles*, is miſerably painful, making the Patient very reſtleſs, fretful, and faint; it is a Swelling, Heat, and Soreneſs of the *Hæmorrhoid Veins*, juſt within, and ſometimes juſt without the Fundament: When they do not bleed, they are called the *Blind Piles*, and then they ſwell much, and cauſe violent Pain and inexpreſſible Torture at going to Stool, and the Stools, even in the *Blind Piles*, are oftentimes ſtreak'd with Blood.

THE *Bleeding Piles*, though very ſore, are not ſo bad or dangerous as the other, except the Flux is very violent and continues long; for then it induces Fainting, Swooning, Loſs of Strength, Citron-like Colour of the Skin, reſembling the Jaundice, evil Habit of the Body, Conſumption, Dropſy, *&c.*

SOME few Men are accuſtomed to the *Bleeding Piles* conſtantly once a Month, by which they periodically loſe as conſiderable a Quantity of Blood, as Women do by their *Courſes*, and oftentimes to Advantage in Point of Health, except the Flux proves very exceſſive; but this by the Way only.

SEVERAL Perſons, at their being firſt troubled with the *Bleeding Piles*, have been much frighten'd, imagining that Indiſpoſition to be the *Bloody Flux*.

To diſtinguiſh therefore the *Bleeding Piles* from the *Bloody Flux*, it will be proper to obſerve, That in the *Bleeding Piles* the Blood comes away before the Stool, and the Pains are felt only juſt about or a little within the Fundament; whereas in the *Bloody Flux*, the Blood commonly follows the Stool, or at leaſt is mixed with the ſlimy and mucous Excrements, and is attended with violent Gripes, and wandering excruciating Pains, in all Parts of the Bowels by turns.

THE Cauſe of the *Piles* is moſt commonly a too great Rarefaction and Heat of the Blood and Humours, as the

feverish Disposition of the Patient at that Time plainly shews; so that a Redundancy of Blood, *Stoppage* of the *Terms*, (either accidentally, or by irregular Methods) and great Colds, often occasion the *Piles*, the last by hindering the usual Secretions, which being retained, there ensues a Redundance and Rarefaction of the Blood, and oftentimes an increased Celerity of it, when filling the *Hæmorrhoid Veins*, if they easily open, it issues out, but if they do not, it there stagnates and swells them, causing great Pain and Heat as before-mentioned. Sometimes the *Piles* are caused by hard Riding, or other violent Exercise, also severe purging, and drinking spirituous Liquors; but in those Cases the Illness commonly goes off, by Ease, Rest, and temperate Living.

If the *Piles* continue long, and the Patient has an ill Habit of Body, a cancerous Ulcer may succeed, or the Swelling may apostemate, and a Fistula of most difficult Cure may happen.

To prevent which, and effectually cure the *Piles*, proper *Alterative* and *Cooling Medicines* must be given inwardly, to allay the too great Heat, and abate the Velocity of the Blood, reduce its Discrasy, and thereby destroy the real Cause of the Distemper, whilst suitable intrinsick Remedies are outwardly applied, to discuss the Tumour, ease Pain, and perfectly heal and cure the affected Part.

If the Patient is feverish, or the Pain and Inflammation great, bleeding in the Arm to the Quantity of eight or nine Ounces, will be absolutely necessary to divert the Humours, and abate the Celerity and Rarefaction of the Blood; after which, let as much of the following *Alterative Powder*, as will lie heap'd upon a Shilling, be taken three Times every Day, *viz.* betimes in the Morning fasting, at four o'Clock in the Afternoon, and at Night going to Bed: The Patient may take it mixed in a Spoon with a little thin Water-gruel, Green Tea, or any other small Liquor she likes better, drinking a Draught of the same, made luke-warm, after each Dose. *It is thus made.*

No. 9. The Alterative Powder.

Take Cream of Tartar, three Drams; Liquorice Powder, a Dram and half; white Amber prepared, a Dram; Prunel Stone, a Dram; sweet Salt of Steel, half a Dram; of my Mineral Magistery, three Drams and half; mix and make a fine Powder, according to Art.

This *Alterative Powder* will allay the Heat, and take off the Rarefaction of the Blood, restrain its Impetuosity, cool

and

and rectify the whole Maſs, and obtund and correct all acrid or ſharp Humours to Admiration.

And at the ſame Time the Patient is taking this *Alterative Powder*, let the following *Intrinſick Liniment* be uſed two or three Times in a Day, or oftner, applying it with a fine warm Linnen Rag, or with your warm Fingers, very gently, to the affected Part, endeavouring, when the *Piles* are inward, to get as much of the *Liniment* up as may be convenient, applying afterwards ſome of the ſame ſpread upon Lint, or a Bit of fine Linnen, plaiſter-wiſe, and a Bolſter of ſoft Linnen, two or three Double over it, which may be kept cloſe to the Part by a String-Cloth, Truſs, or other convenient Linnen Bands. *The Liniment is thus made:*

No. 10. The Intrinſick Liniment.

Take Sugar of Lead, a Dram; Ointment of Poplar Buds, an Ounce; of my Anodyne Powder, and Chymical Oil for the Piles, of each half an Ounce; mix and make a Liniment, according to Art.

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This *Intrinſick Liniment* will quickly give Eaſe, and mightily contribute to the Cure of both *blind* and *bleeding Piles*.

Sometimes alſo, white Bread and Milk being boil'd up to a Poultice, and applied warm to the Part affected, and renewed every Night and Morning, eſpecially when the *Piles* are much ſwell'd, will prove very ſerviceable, and ſoon give Eaſe: As likewiſe bathing the Part twice a Day, for near half an Hour each Time, with warm Milk alone, oftentimes will.

But effectually to cure the *Piles*, the *Alterative Powder* ſhould be conſtantly taken, and the *Intrinſick Liniment* be carefully uſed, according to the Directions before given, till the Cure either of the *blind* or *bleeding Piles* is perfectly accompliſh'd. They will quickly give Eaſe, and aſſuredly compleat the Cure of the *Piles* in a ſhort Time; for the *Alterative Powder* effectually ſtrikes at the true Cauſe of that Illneſs, and prevents the Parts being ſupplied with ſharp Humours, whilſt the *Intrinſick Liniment*, after an admirable Manner eaſes all Pain, diſcuſſes the Tumour or Swelling of the *blind Piles*, and heals and perfectly cures the *bleeding Piles*.

The *Alterative Powder* will agree with the Stomach, and take off all feveriſh Heat, without diſordering the Body in the leaſt: It ſometimes may make the Belly a little looſe, and thereby contribute very much to the Cure; for nothing

is more tormenting to those troubled with the *Piles* than to be costive or hard bound, it putting them to intolerable Pain and Misery upon going to Stool.

THEREFORE if the *Alterative Powder* should not loosen the Belly, it will be necessary for the Patient, once every three or four Days, to take a Dose of my *Laxative Electuary*, prescribed in the second Chapter of this Book, Page 14. aforegoing, taking it exactly as is there directed, minding only to omit taking the *Alterative Powder* that Day the *Laxative Electuary* is taken.

THE Patient during the Time she is afflicted with the *Piles*, must carefully abstain from all strong Liquors, Spices, and salt Meats, which tend to inflame the Blood, and increase the Malady, and eat but very sparingly, if at all, of any Flesh Meat whatever, but should drink freely of luke-warm thin Water-gruel, or Barley Water, with Currants boiled in either of them; as also of Green Tea; or, for ordinary Drink, Milk and Water boiled together, that is, *a Quart of Spring-water and a Pint of new Milk mixed together, just boiled up, and strained*; of which large Draughts being frequently drank luke-warm, as well at Meals as at other Times, will prove of very great Service.

THUS these Directions being duly observed, this grievous Indisposition, which some labour under many Months, will be perfectly cured in a little Time, so as not to return again.

ABOUT three Months ago I was sent for to a Gentlewoman, who had been afflicted with the *Piles* almost continually, for some Years. She having taken very many Medicines to little or no Purpose, told me she feared she should never be cured; yet lest she should be wanting to herself, hearing of my Success, was the Reason she had sent for me, and desired I would use my utmost Endeavour to free her, if possible, from her Illness: She acquainted me also that sometimes they bled pretty much, and then she was much easier than when they only swelled and did not; she was at that Time in great Torture with them, and being of a hot Constitution, and somewhat feverish, I ordered her immediately to be blooded, and prescribed my *Alterative Powder* and *Intrinsick Liniment*, the first to be taken, and the latter to be used exactly as I have directed in this Chapter, for a Week or nine Days; at the End of which she was very well, and better, as she affirmed, than she had been for any Time in nine Months before: Nevertheless, I ordered her by all Means to continue the *Alterative Powder* for

for a Fortnight or three Weeks longer, without uſing the *Intrinſick Liniment* any more.

My ordering her to take the *Alterative Powder* ſo long, was with Deſign to correct her Blood, and wholly ſubdue the acrid Principle or Cauſe of that ſevere Malady which had ſo long afflicted her, as it effectually did, ſhe having been very well ever ſince, and likely ſo to continue.

Much about the ſame Time I had another Lady under my Care, who was alſo ſorely troubled with the *Piles*; her Blood was very acrid, but ſhe was not exceeding feveriſh, yet was then in very great Pain, and a little before ſhe ſent for me, the *Piles* had bled very much; I therefore did not order her to be blooded, (altho' in moſt Perſons that is highly neceſſary,) but directed her to take my *Alterative Powder*, and uſe my *Intrinſick Liniment* preſently, and continue them till ſhe was cured: In four Days Time ſhe was tolerably well; but happening to be coſtive, I adviſed her to take a Doſe of my *Laxative Electuary* once every three or four Days, and to take the *Alterative Powder* as before directed on the other Days, which ſhe did, and was perfectly cured in a Fortnight's Time.

I could give many more Inſtances of Perſons cured of the *Piles* by theſe Remedies, who by reaſon of their being exceedingly bad, and having been long afflicted with them, imagined they could never be cured; but deſigning Brevity, I ſhall wave that Trouble.

What I have here wrote concerning the Cure of the *Piles*, may prove as beneficial to Men troubled with them as to Women; for the Method and Medicines I have preſcribed, will certainly cure that Illneſs in both Sexes, if the Directions I have given be but punctually obſerved.

CHAP. V.

Of the WHITES.

This Diſeaſe is the Flowing of a white Humour from the Cervical Glandules, or Veſſels about the Neck of the Womb, according to ſome Authors: But according to the learned and ingenious Dr. *Cheney*, and much more conſonant to Reaſon, from the very ſame Veſſels through which the *Courſes* flow; which not ſtrictly cloſing after the *Terms* are gone off, as they ought, and always do in a perfect State of Health, ſuffer a viſcous or ſlimy Humour to be ſeparated

from the Blood through them, which coming away is called the *Whites*.

THE *Whites* ſometimes come away in a large, and ſometimes in a ſmall Quantity; and it is obſervable that at the Middle of the Time, between the monthly Periods, or about ten Days after the going off of the *Courſes*, the *Whites* commonly flow more exceſſively for two or three Days than at any Time before or after, and are attended with Heavineſs about the Loins, Pain in the Small of the Back, Want of Appetite, bad Digeſtion, Wearineſs, and univerſal Laſſitude; ſometimes ſwelling of the Legs, pale Countenance, and hollow Eyes: Maids of a weakly Conſtitution are often afflicted with this Malady, as well as married Women and Widows.

IF this Diſtemper is not timely remedied, it certainly cauſes incurable Barrenneſs, and the Blood and Juices become more and more depauperated, till a deplorable Conſumption or Dropſy uſhers in Death to end the fatal Tragedy.

THERE are few Women, eſpecially the weaker Sort, but are more or leſs afflicted with this Illneſs, it being a Diſtemper often attendant upon, and cauſed by other Diſeaſes; and whatever Diſeaſe occaſions the Blood to become poor, foul, or viſcous, and reduces a Woman to a languid weakly Frame, is commonly ſucceeded by this Indiſpoſition. Thus Women that are naturally of a more weak Habit or Conſtitution than ordinary, are more ſubject to the *Whites* than others: And as this Illneſs is moſtly occaſioned by foregoing Diſtempers, (tho' ſometimes by violent Exerciſe, or immoderate Venery) ſo it weakens the Body alſo more and more, till the ſuffering Patient being brought into a hopeleſs Conſumption or Dropſy, as aforeſaid, becomes a miſerable Victim to Death, unleſs timely cured by proper Remedies adminiſtered by a ſkilful Hand.

BUT the immediate Cauſe of the *Whites* is a Weakneſs, Laxity, or Looſeneſs of the Veſſels of the Womb, the Tone of which is either ſpoiled by the ill State of the Stomach and Blood, probably depraved by other Diſtempers, or by ſome of the Accidents, immoderate Exerciſe, *&c.* before mentioned; by which Means thoſe Veſſels cannot ſufficiently cloſe, after the *Courſes* have done flowing, but continuing open in ſome ſmall Degree, let a viſcous Humour conſtantly gleet or ſlide through them, amounting in the whole to a large Quantity as aforeſaid, thereby impoveriſhing the Juices of the Body, inevitably cauſing Barrenneſs, if not quickly

cured

cured, and bringing the whole human Frame into a pining desperate State.

Some Women indeed have this white Flux much more moderate than others, and not continually, but at Times only, without causing any great or remarkable Prostration of Strength, till a Year, two, or more after its first Beginning to appear; but then it becomes more violent and dangerous, weakening the Body excessively, and as it were at once, and is then much more hard to cure; this being a known and undoubted Truth, that the longer this Flux of white Matter has afflicted the Patient, and the larger in Quantity it is, the longer Time will be required, and the more difficult will it be, to accomplish the Cure; the Humours being the more habituated to flow that Way, and the Tone of the Vessels, through which they flow, being the more injured.

Many Authors write, that if the *Whites* continue long, they degenerate, and become variously coloured, as yellow, green, &c. and sometimes smell intolerably ill: Now altho' this may sometimes happen, yet when it is met with, the Patient ought to be sure that it does not proceed from some other Disease, that may require different Management from the Illness I here treat of, there being other Distempers attended with a Flux of Matter, that have often been mistaken for the *Whites*, altho' proceeding from a very different Cause.

'Tis of great Moment therefore carefully to distinguish the *Whites* from other Distempers that resemble that Malady; for Numbers of Women who have met with ill Husbands, have laboured under a venereal Running, or a Running caused by the foul Disease, for some Years together, still imagining it to be only the *Whites*: Others have mistaken a Running occasioned by an Ulcer in the Womb, for that Flux. Thus it being very difficult for Women to distinguish these Distempers, and yet absolutely necessary that they should, I think it here very proper to give some Rules, by which they may assuredly know one from the other.

The *Whites* may certainly be distinguished from a venereal Running by this: That whenever the *Courses* come down, the *Whites* always cease, and do not trouble the Patient again till after the *Courses* have done flowing; whereas a venereal Running remains constantly upon the Patient, and does not cease during the *Flux* of the *Terms*, but continues all the Time they flow, as well as immediately before and after, and is also much less in Quantity than the *Whites*,

and is commonly attended with Heat of Urine and Pain in making Water, which the *Whites* are not.

And the *Whites* may be diſtinguiſhed from an Ulcer in the Womb by this: That an Ulcer in the Womb is always attended with very ſharp and gnawing Pains in the Womb and its Neck, from the very Beginning of the Diſeaſe; whereas in the *Whites*, tho' ſometimes the Humour may be ſo ſharp as to cauſe ſmarting outwardly, yet there is no ſuch Pain felt in the inner Parts: The Matter alſo flowing from an Ulcer is oftentimes ſanious or bloody, which the *Whites* never are.

The Cure of the *Whites* ought firſt to be endeavoured, if Strength will admit, by cleanſing the Stomach and Bowels with Catharticks, and afterwards by rectifying the Blood and Juices, ſtrengthening the Veſſels of the Womb, and reſtoring the weaken'd Body to its priſtine Vigour, with Alterative, Balſamick, and Sub-aſtringent Medicaments.

The Patient therefore, to prevent the diſmal Effects that may enſue, and entirely to cure the *Whites*, if ſhe is not exceedingly weak indeed, ſhould take a Doſe, two, or three, as ſhe thinks moſt proper, or finds herſelf able to bear, of the *Purging Pills* preſcribed in the firſt Chapter of this Book, Page 5, aforegoing, taking them exactly as is there directed, excepting only, that inſtead of four *Pills* ſhe may take but three of them for a Doſe the firſt Time, becauſe Perſons afflicted with the *Whites* are commonly much eaſier to be purged than thoſe troubled with an Obſtruction of the *Terms*.

Three or four of thoſe *Purging Pills* will give four, five, or ſix Stools, without the leaſt Trouble or Diſorder, neither griping the Bowels, or making the Patient ſick, but being taken every other, or every third Morning, for two or three Times, as Strength will bear, will admirably cleanſe the Body of foul Humours, and prepare it for other Remedies to finiſh the Cure.

Therefore, as ſoon as the Patient has purged once, twice, or three Times, according to her own Diſcretion, and as her Conſtitution will allow, ſhe ſhould the next Day begin the following *Balſamick Electuary*, taking the Quantity of a large Nutmeg of it from the Point of a Knife (or elſe that Quantity may be firſt wrapped up in a Bit of Sugar Wafer, which may be had at any Confectioner's, and ſo be taken without being ſo much as taſted) betimes every Morning, and at five or ſix o'Clock in the Afternoon alſo, not eating any Thing for an Hour before or after each Doſe, but drinking a Glaſs of Sherry, white Liſbon, bitter Wine, or, which

is much better, a Draught of the *Conſolidating Apozem*, preſcribed in Page 15, aforegoing, after it, to waſh it down. *The Balſamick Electuary is thus made:*

No. 11. The Balſamick Electuary.

Take Earth of Japan, *and binding Saffron of Steel, of each a Dram; of the fineſt Dragon's Blood, two Drams; the choiceſt Cortex of* Peru, *in fine Powder, three Drams; true Armenian Bole, three Drams and a half; right Balm of Gilead, and Balſam Capivi, of each two Drams; of my Chymical Balm, an Ounce, or a ſufficient Quantity of it to make an Electuary according to Art.*

THIS *Balſamick Electuary* ought to be conſtantly taken, till the Patient is perfectly cured, which will ſoon be, provided it be taken punctually as directed. In ſome the Cure will be accompliſhed in a Fortnight or three Weeks; but in others, whoſe Illneſs is very great, it may perhaps be a Month or ſix Weeks before it is quite finiſhed; but its ſovereign Efficacy may be depended upon, for it will moſt certainly cure; and all Perſons will from the firſt two or three Days apparently find themſelves mend exceedingly all the while they are taking it, which may ſerve as a Demonſtration to them, that by continuing it for a reaſonable Time, the Cure will be aſſuredly compleated.

THEREFORE, effectually to prevent a Relapſe, I adviſe every one who begins this *Balſamick Electuary*, not to leave it off, altho' they ſhould find themſelves in nine Days or a Fortnight pretty well cured of the *Whites*, but to continue taking it conſtantly as directed, for a Week or two more, which will then certainly prevent a Return of that Diſtemper.

IT never diſorders the Body, but commonly keeps it rather looſe than bound, and diſplays its Virtue after an admirable Manner, effectually anſwering (after purging) all the Intentions of Cure; for it ſtrengthens the Stomach and Bowels, rectifies the Blood and Juices, reſtores the Womb Veſſels to their priſtine Order, by gently ſtraitening and reducing them to their natural Tone: It alſo wonderfully corroborates the whole Body, taking away all Manner of Weakneſs in the Back and other Parts, rendering the Patient lively, briſk, healthy, and ſtrong, and perfectly putting an End to that troubleſome Diſtemper the *Whites*.

WHILE the Patient is under this Courſe, her Food ought to be of very eaſy Digeſtion, and if ſhe drinks a Glaſs of

Wine

Wine at her Meals, it may not be amiſs: She ſhould obſerve alſo to avoid eating Sallets, Greens, and all Sorts of Fruit.

If the Patient is troubled with the Head-ach, or is ſeveriſh, then the Day before ſhe takes any Medicines, it will be highly proper for her to be let Blood in the Arm, to the Quantity of about eight Ounces.

If ſhe is exceeding weak and ill before ſhe begins theſe Medicines, then ſhe muſt not take the *Purging Pills* before recommended, more than once or twice, or not at all, if ſhe thinks ſhe cannot bear purging, but may begin to take the *Balſamick Electuary* immediately, and continue it conſtantly till ſhe is perfectly well, and indeed for a Week or Fortnight afterwards; for it will thereby ſtrengthen the Body to ſuch a Degree, and confirm the Cure of the *Whites* in ſuch a Manner, as to prevent a Relapſe into the ſame for the future.

As ſoon as the *Courſes*, or any Sign of them, approach, and indeed for two or three Days before they are expected, the *Balſamick Electuary* muſt be left off, and not be taken again till the *Terms* have done flowing.

Some Women, who are very ſubject to be coſtive, may happen to be bound in their Bodies while they are taking the *Balſamick Electuary* (tho' it moſt commonly proves otherwiſe) in which Caſe the Patient may take a Doſe of the *Laxative Electuary*, recommended in the ſecond Chapter of this Book, Page 14. aforegoing, as is there directed, obſerving only to omit taking the *Balſamick Electuary* that Day the *Laxative One* is taken.

If the Patient troubled with the *Whites* labours at the ſame Time under any Diſorder of the *Courſes*, it will be proper for her to get cured of that Diſorder, as directed in the foregoing Chapters, before ſhe attempts the Cure of the *Whites*. As for Example; ſuppoſe a Woman ſhould be afflicted with a *Deficiency* of the *Terms*, or their flowing but ſparingly, *&c.* and with the *Whites* alſo, which frequently happens, ſhe muſt then firſt cure herſelf of the *Deficiency* of the *Courſes*, by taking the *Opening Powder*, &c. preſcribed in the firſt Chapter of this Book, Page 6, exactly as is there directed; and when by that Means her *Terms* flow regularly and well, and are of a good Colour, ſhe may poſſibly find herſelf entirely freed from the *Whites* alſo, the Medicines taken to regulate the *Courſes*, often curing that Diſeaſe at the ſame Time; but if ſhe finds herſelf ſtill troubled with the *Whites*, then ſhe ought to begin the Remedies preſcribed in this Chapter, for the Cure of them, but not before.

I could give a great many Inſtances of Perſons cured of the *Whites* by the Method and Medicines above preſcribed,

but

but ſhall only relate one or two Caſes, the Particulars of which I believe will prove acceptable to my Readers.

I was ſent for about ſeven Months ſince, to a young Gentlewoman of about nineteen Years of Age, who for three Years before, as I was informed, had at Times been troubled with this *White Flux*; but it not continuing conſtantly upon her, nor flowing violently, neither herſelf or Mother much minded it, till at laſt growing very bad, the *Whites* increaſing in Quantity, her Legs ſwelling, and her whole Body becoming more and more diſordered, they thought proper to ſeek for Help.

I found her in great Diſtreſs, her Back much pained, her Appetite almoſt loſt, her Legs a little ſwelled, and the Flux (by her Mother's Relation) very ſevere; yet ſhe was not very feveriſh; therefore I did not think fit to have her blooded, but order'd her to take two Doſes of my *Purging Pills* before mentioned, at two Days Diſtance from each other. They operated very well, took down the Swelling of her Legs, and made her ſomewhat better: However being a little weaken'd, I did not order her to purge again, but directed her to take my *Balſamick Electuary* the next Day, as above adviſed, and continue it conſtantly till ſhe was cured.

In a very few Days the Flux was ſo much abated, as hardly to be perceived; the Pain in her Back was nearly gone, and ſhe began to look briſk, and recover Strength; but being always much ſubject to Coſtiveneſs, ſhe was a little bound in her Body: I therefore ordered her to take a Doſe of my *Laxative Electuary* the Day following, juſt to looſen her Bowels, and if ſhe found any further Occaſion, to take a Doſe of it every five Days, and the *Balſamick Electuary* the other Days, which ſhe did for a Fortnight longer, in which Time ſhe was perfectly cured, and has remained in compleat Health ever ſince.

Near ſix Months ago, a Gentlewoman of about thirty Years of Age ſent for me, and deſired my Aſſiſtance, ſhe being exceedingly afflicted with the *Whites*, which ſhe had been troubled with upwards of four Years: That Illneſs begun quickly after a *Miſcarriage*, which had like to have proved her Death, and which was occaſioned by a great Fright.

She told me ſhe had taken abundance of Medicines, firſt by the Advice of her Midwife and an eminent Apothecary, and afterwards by the Direction of a Phyſician of good Note, without receiving any Benefit; and added, that ſhe feared there was no Cure for her, but that ſhe muſt die, yet deſired

I would

I would do all in my Power, and ſave her Life if poſſible, for her Children's Sake, ſhe having three alive.

THE Caſe was exceeding bad indeed; ſhe was very ill and weak, ſcarcely able to ſtir, had a violent Pain in her Head and Back, no Appetite to Food, was frequently very feveriſh, and almoſt worn to a Skeleton by the great *Flux* of *white Matter* that ſhe had ſo long labour'd under; nevertheleſs I let her know, that with the Bleſſing of the Almighty, I did not doubt but to reſtore her to Health, provided ſhe would follow my Directions, and take the Medicines punctually, which ſhe readily promiſed to do.

THIS Gentlewoman was too weak to bear purging, therefore I forbore ordering her my *Purging Pills*; but conſidering the great Pain in her Head, and that ſhe was inclined to be feveriſh, I directed her firſt to have about eight Ounces of Blood taken from her Arm, which without weakening her, diverted the Humours, and prevented a Fever, which might otherwiſe have happened, and the next Day I ordered her to begin my *Balſamick Electuary*, and to continue it conſtantly, as directed in this Chapter.

AT the End of five Days, I found her mightily recovered, the *Whites* being nearly ſtopped, her Spirits revived, her Strength much increaſed, the Pain in her Head and Back almoſt intirely gone, and her Appetite in ſome Meaſure come to her: However, ſhe being ſomewhat hot and uneaſy by Turns, and not having been purged at firſt, becauſe of her great Weakneſs, I adviſed her, tho' ſhe was not in the leaſt coſtive, to take a Doſe of my *Laxative Electuary*, once every five or ſix Days, and the *Balſamick Electuary* the other Days, as before, and to continue that Courſe till ſhe was perfectly well, and for nine or ten Days after.

ACCORDINGLY ſhe took my Advice, and in a Month from the Time ſhe firſt began the Medicines, ſhe left off taking them, having been well for about a Week before, and was then, and ſtill remains in perfect Health and Strength, to the Admiration of all who knew her.

NOTE well, I muſt here acquaint my Readers, that altho' the *Balſamick Electuary* does in general ſo exceedingly agree with the Patient as not to occaſion the leaſt Uneaſineſs or Diſorder whatever, yet in ſome very few Perſons, perhaps not one in an Hundred, thro' a certain *Idioſyncraſy*, or Peculiarity of Conſtitution, it may not ſit altogether ſo well on the Stomach as could be wiſhed: If therefore, upon a Patient's taking a few Doſes of the *Balſamick Electuary*, ſhe ſhould find it heat her too much, or any ways prove leſs comforting and agreeable than to the Generality of the Fair

Sex

Sex it does, I would then adviſe her to leave off taking it, and have Recourſe to the *Reſtraining Electuary* (preſcribed in the ſecond Chapter, Page 14, aforegoing) in its Stead, taking the ſaid *Reſtraining Electuary* exactly in the ſame Doſe and Manner, and with the ſame Reſtrictions and Precautions as I have adviſed with reſpect to the *Balſamick Electuary*, which *Reſtraining Electuary* being exceeding pleaſant and delightful, both to the Palate and Stomach, cannot any ways fail of perfectly well agreeing with the Patient, tho' her Diſpoſition be ever ſo peculiar or different from the Generality of the Fair Sex.

And I have of late amply experienced the *Reſtraining Electuary* to be fully as efficacious in curing the *Whites* as the *Balſamick Electuary* is, provided it be taken in the very ſame Doſe and Manner, that is, the Quantity of a large Nutmeg betimes every Morning, and alſo at five or ſix o'Clock every Afternoon, (drinking a Draught of the *Conſolidating Apozem*, preſcribed in Page 15, after each Doſe;) and as it is very pleaſant to take, it may for that Reaſon be ſaid to be even preferable to the *Balſamick Electuary*.

And as the *Reſtraining Electuary* is effectual in curing the *Whites* in Women, ſo alſo it is fully as efficacious as the *Balſamick Electuary*, in curing a *ſimple Gleet*, or any *ſeminal Weakneſs* in Men; and for that Purpoſe is to be taken, with a Draught of the *Conſolidating Apozem*, after each Doſe, in the very ſame Manner as the *Balſamick Electuary* is directed to be taken.

CHAP. VI.

Of the Down-falling *of the* Womb *and* Fundament.

What is vulgarly called the *Down-falling* of the *Womb*, is in Reality no ſuch Thing; for there can be no Inverſion or Out-hanging of the Fund or Bottom of the Womb without preſent Death.

Sometimes indeed, tho' very rarely, it happens, that the broad Ligaments of the Womb, which are deſigned to ſuſpend or keep it fixed in its proper Station, are ſo very much relaxed in weakly Women, through hard Labour in Child-birth, the rude Hand of an unſkilful Midwife, or violent Exerciſe, as to ſuffer the Womb to hang down ſo low, as that its inner Orifice or Mouth appears juſt within the Privity; and ſome few Inſtances there have been of its appearing a little without it.

BUT the Diſorder commonly called the *Down-falling* of the *Womb*, is only an *Out-hanging* of the *Vagina* or outer Neck of the Womb, and is truly the Wrinkles of the Sheath or Paſſage to the Womb, relaxed and ſwoln ſo as to fall out, and appear ſomewhat like a Ball with a Hole in the Middle: It is generally very painful and troubleſome, and ſometimes ſo much inflamed as to threaten a Gangreen.

THIS Indiſpoſition is cauſed by ſtraining or irritating the Secret Parts, by hard Labour in Child-bearing, by the Hand of an unſkilful Midwife, by exceſſive Venery, or immoderate Exerciſe, as hard Riding, Dancing, Leaping, carrying heavy Burdens, lifting great Weights, or by a violent Flux, either of the *Whites* or *Courſes*, which Flux not only often relaxes or looſens the *Vagina*, but alſo frets or irritates it ſo, as to cauſe it to become ſore, ſwell, and hang down.

THE *Falling-down* of the *Fundament*, is an *Out-hanging* of the lower Part of the *Inteſtinum Rectum*, or Great Gut, and proceeds from great Weakneſs or Relaxation of its Fibres, or a Paralytick Affect or Reſolution of them, and of thoſe of its Muſcles called *Levatores* and *Sphincter Ani*, occaſioned either by ſevere Coſtiveneſs, violent ſtraining in hard Labour, a *Diarrhæa* or ſharp Looſeneſs, a *Dyſentery* or Bloody Flux, *&c.* It is not only troubleſome, but dangerous, if not quickly remedied, and oftentimes becomes the Seat of a foul Ulcer or Fiſtula.

IN the Cure of theſe Illneſſes, after proper Evacuations, the Medicines that we order inwardly muſt be Vulnerary, Corroborating, and ſuch as will imbue the Blood and Juices with a Balſamick Property, in order to ſtrengthen and create an Aptneſs in the relaxed Fibres and ſwoln Parts, to recover their Tone, and retain their natural Station, when reduced or gently put up, after peculiar emollient, diſcuſſing, and moderately aſtringent Fomentations have been externally applied: Reſt, Eaſe, and lying much in Bed, are alſo very neceſſary in theſe Caſes.

IF the Patient is coſtive, particular Care muſt be had to remove that Diſorder; for ſtraining at going to Stool is not only painful, but increaſes the Malady, as well that of *Falling-down* of the *Womb*, as the *Falling-down* of the *Fundament*.

AND as Coſtiveneſs in theſe Caſes is detrimental on the one Hand, ſo a Looſeneſs is as bad on the other; for which Reaſon the Body ſhould be kept in due Order, neither too looſe nor hard bound.

IF the Part hanging down is inflamed or angry, bleeding in the Arm will be abſolutely neceſſary, after which, in order certainly to cure theſe Indiſpoſitions, the following

Sanative

Sanative Fomentation, which is of wonderful Efficacy, ſhould be uſed. *It is thus made:*

No. 12. The Sanative Fomentation.

Take of Pomegranate Peel, two Drams; dried red Roſes, Pomegranate Flowers, of each half an Handful; Oak Bark, half an Ounce; boil them in a Quart of Spring Water till it comes to a Pint, which then ſtrain off, and while it is very hot, add of my healing Salt, one Dram; ſtir it about till the Salt is diſſolved, and then add of good French *Claret, four Ounces; which mix well, and reſerve the Whole for Uſe.*

To cure the Indiſpoſition called the *Down-falling* of the *Womb*, the *Sanative Fomentation* ſhould be uſed thus: Pour a little of it into a well-glazed Pipkin, or other Earthen Veſſel, and make it very hot over the Fire; then with a fine Flannel Cloth dipped in it, the Patient lying down, bathe and foment therewith the ſwoln *Vagina*, or outer Neck of the Womb that is fallen down, or hanging out, as warm as can be well endured, and then immediately let the Part be gently put up by a tender Hand, and be kept in its Place by applying cloſe to it a Bolſter of fine Flannel two or three double, firſt dipped in the hot Fomentation and wrung out, and then a Truſs, or a String-Cloth, or convenient Bands of Linnen; minding to foment and bathe the outer Privity two or three Times every Day, for ſeveral Days together; and to apply the like Bandage in the ſame Manner, altho' the Part does not fall out again.

By the Uſe of this *Fomentation* alone, without taking Medicines inwardly, the *Falling-down of the Womb*, as it is vulgarly called, will moſt commonly be cured; but when it has continued a conſiderable Time, and after putting up, is apt to fall down again upon every little Occaſion, as in ſome Women it will, even upon walking croſs a Room only, and the Patient is of a weakly cachectick Habit; it will then be proper for her to take the *Corroborating Electuary* preſcribed in the firſt Chapter of this Book, Page 7, aforegoing, as is there directed; firſt Purging gently, and for once only, with three or four of the *Purging Pills* in that Chapter alſo preſcribed, if Strength and other Circumſtances will admit of it, but not otherwiſe.

And ſo let her continue the *Corroborating Electuary*, for three Weeks or a Month together; or elſe after taking it for about a Week or nine Days, ſhe may omit that, and take the *Balſamick Electuary* preſcribed for the *Whites* in the foregoing Chapter, Page 33, exactly as is there directed, for about another

another Week; and then omitting that, take the *Corroborating Electuary* again; and ſo continue the *Balſamick Electuary* one Week, and the *Corroborating Electuary* another, for a Month or ſix Weeks together; omitting both of them only at the Approach of her *Terms*, and whilſt they flow; by which Means her Strength will be regained, her Blood and Juices rectified, and her *Courſes*, which in theſe Caſes are commonly deficient, be promoted and brought into regular Order; and at the ſame Time let her beſure continue the Uſe of the *Sanative Fomentation*, as above directed.

And if ſhe finds it very difficult to keep the *Vagina* from falling down again, after it has been reduced or gently put up in its proper Place, or if the Womb itſelf, thro' Relaxation of its Ligaments, as before mentioned, hangs down too low, in either of theſe Caſes it will be neceſſary for her to roll up a Piece of fine Flannel, very hard, in the Form of what is called a *Peſſary*, or of the Shape, and about the Length and Thickneſs of one's Fore-finger, making it bigger or leſſer in every Reſpect, as may be found moſt needful and convenient, which being firſt dipped in the warm *Sanative Fomentation*, and gently put up the Privity, and kept in with the Flannel Bolſter and String-Cloth before directed, and taken out, and renewed in like Manner, every Time the *Sanative Fomentation* is uſed, or whenever Need requires, will, together with Reſt, Eaſe, and taking the *Corroborating Electuary*, and *Balſamick Electuary* inwardly, as above directed, ſoon accompliſh the Cure, either of the *Down-falling* of the *Vagina* or outer Neck of the Womb, or the too low Hanging of the Womb itſelf.

But if the Obſtinacy of this Indiſpoſition ſhould require the *Peſſary* to be worn for ſome Time, it may then be proper to face it, or put it in a fit Caſe of red Sattin, and alſo affix a String to one End of it, for the more convenient drawing it out every Time the *Fomentation* is uſed, or upon any other neceſſary Occaſion; obſerving always to cleanſe it and dip it in the warm'd *Fomentation* before putting it up again.

In the *Down-falling of the Fundament*, the Part hanging out muſt by gentle Endeavours, with a very tender Hand, arm'd with a warm Flannel Cloth, wrung out of the hot *Fomentation*, be got up again as ſoon as poſſible, by gently preſſing it from one Side to the other with your Fingers upon the warm Flannel; and after it is thus reduced, or got up to its proper Place within the Body, then the outer Part of the

Verge

Verge or Fundament muſt be well bathed and fomented with the *Sanative Fomentation*, as warm as can be conveniently endured, for a Quarter of an Hour or longer; immediately after which, a Flannel Cloth once or twice double, firſt dipp'd in the hot *Sanative Fomentation*, and wrung out, muſt be applied cloſe up to the Fundament, and another dry one upon that, and both of 'em be kept tight to it, either by a String-Cloth or other Linnen Bandage, as before-mentioned for the *Down-falling of the Womb*. And this Bathing and Fomenting ought to be repeated twice or thrice a Day for five or ſix Days at leaſt, altho' the Part does not fall out again, eſpecially every Time the Patient goes to Stool; at which Time alſo Care muſt be taken not to ſtrain much, nor to ſit upon the Stool too long, leaſt the Gut ſhould be again forced down.

But if the Fundament is apt to fall out again upon every ſlight Occaſion, and proceeds merely from Weakneſs, and without any Pain, then, beſides Bathing and Fomenting the Verge of it, after it is reduced or got up into its proper Place, as directed, it may be proper alſo to throw up the Fundament once or twice a Day, near a Quarter of a Pint of the *Sanative Fomentation*, made juſt Blood-warm, but beſure not hotter, in the uſual Manner of a Clyſter, by the Help of a Bladder and Clyſter-Pipe, which will contribute exceedingly to the Cure. So ſmall a Quantity as but near a Quarter of a Pint of the *Sanative Fomentation* is adviſed to be thrown up, in order to its being retained the better in the Body; for if a larger Quantity is uſed for a Clyſter, its own Bulk and Weight will help to force it out again, and prevent its being kept in the Body as it ſhould be, for ſome Hours.

If in the *Falling-down* either of the *Womb* or *Fundament* the Part hanging out ſhould happen to be ſo much ſwell'd, as that it cannot with the utmoſt Endeavours be quickly got up again, then, beſides immediately Bleeding, *Emollient* and *Diſcuſſing Fomentations* and *Pultices* are to be directly uſed, in order to abate the Swelling, as a prudent Surgeon, who in that Caſe ſhould be inſtantly ſent for, may judge proper.

And as the *Falling-down of the Fundament* is moſt commonly occaſioned by great Weakneſs, it will be likewiſe very neceſſary for the Patient, beſides bathing and fomenting the Part affected, after it is reduced or got up again, with the *Sanative Fomentation*, to take at the ſame Time the *Balſamick Electuary*, exactly as directed in the foregoing Chapter of the *Whites*; which *Balſamick Electuary* will wonderfully ſtrengthen the whole Body, as well as the weakened Parts, whilſt the *Sanative Fomentation*, uſed outwardly, will cauſe the

relaxed Fibres to regain their Tone, and enable the *Inteſtinum Rectum*, or Great Gut, to keep in its natural Situation.

And if the Patient ſhould be coſtive, and the *Balſamick Electuary* ſhould not cauſe moderately looſe Stools, as it ſometimes will, then the *Laxative Electuary*, preſcribed in the ſecond Chapter, Page 14, aforegoing, ſhould be taken as is there directed, in a Morning faſting, every fourth or fifth Day, as the Patient finds needful; taking ſuch a Doſe of it as will juſt occaſion a Stool or two ſomewhat looſe, but be-ſure not more, minding only to omit the *Balſamick Electuary* that Day the *Laxative* one is taken.

It will be convenient alſo for thoſe troubled with the *Down-falling of the Womb*, if they are coſtive, to take the *Laxative Electuary* in like Manner.

Thus theſe Directions being punctually followed, the *Falling-down of the Womb*, (as it is vulgarly called) and alſo of the *Fundament*, will be certainly and effectually cured, if they proceed from Weakneſs only, as moſt commonly they do, occaſioned by former Illneſs; but if they ſhould be accompanied with an immoderate Flux of the *Courſes*, or of the *Whites*, then Regard muſt be had alſo to thoſe Indiſpoſitions, and their Cure muſt be endeavoured, as I have already directed under their proper Heads or Chapters.

And if the *Falling-down* either of the *Womb* or *Fundament* ſhould be attended with a *Dyſentery* or Bloody Flux, or a *Diarrhæa* or ſharp Looſeneſs, then great Care muſt be taken to cure thoſe Diſtempers by Bleeding, gentle Purging with Lenients, taking Abſorbents, Anodynes, and other proper Remedies, as the Caſe may particularly require, according to the Judgment of a ſkilful Phyſician.

F I N I S.

3 JY 65

A

Practical Diſcourſe

ON

Barrenneſs in WOMEN,

AND

Impotency, Infertility, and Seminal Weaknesses in MEN.

DIRECTING

How they may be infallibly cured, and thoſe Women render'd fruitful, who have been deem'd incurably barren for many Years; and ſuch Men become able to propagate their Species, who thro' Imbecility, *Seminal Diſorders*, *&c.* have for ſeveral Years thought it impoſſible.

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ALSO

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NOTE, All *the Medicines preſcribed and recommended in the foregoing* Ladies Phyſical Directory, *and in this* Practical Diſcourſe on Barrenneſs, *(except a few Remedies which Ladies are directed how to get made in their own Families, or adviſed to ſend for to an Apothecary's) are to be had faithfully prepared, by the* Author's *Appointment, at the* Gentlewoman's *at the* Two Blue Poſts *in* Haydon-Yard *in the* Minories, London, *at the moderate Rates ſet down in the Catalogue of them, printed at the End of this Book.*

Note, *Thoſe Perſons who think fit to ſend Letters for the Author, to be left at the Place above-mention'd, are deſired not to expect Anſwers unleſs they ſend Fees with them; for he has not Leiſure to read Letters, conſider particular Caſes, and return Anſwers, without ſuitable Gratifications for his Time and Trouble.*

And thoſe Perſons who ſend Letters from the Country, directed for the Gentlewoman *at the* Two Blue Poſts *in* Haydon-Yard *in the* Minories, London, *are deſired to ſend them Poſt-paid.*

The PREFACE.

AS *being the Mother of Children is the higheſt Honour, and moſt exalted State of Satisfaction that the* Fair Sex *can attain to in a married Life; ſo on the contrary* Barrenneſs, *of all other Misfortunes, is by much the greateſt, producing the moſt ſevere Affliction that can attend a Family, and cauſing the deepeſt ſecret Grief in a Woman that is poſſible to be imagined: What Diſcord! what Differences! are bred in many Families, for want of Children to crown the earneſt Deſire of married Perſons? And what Reproaches and melancholy Reflections that Want often occaſions, with the diſmal Diſorders that from thence frequently ariſe, may be eaſily conceived by judicious Perſons, who will give themſelves Liberty to conſider how great the Sorrow of that Woman muſt be, who knows, that could ſhe have Children, ſhe ſhould be abſolutely happy in a married State, when for want of them, ſhe is perhaps treated with Ignominy and Contempt, and made the moſt unfortunate of her* Sex.

THIS being true, it naturally follows, that nothing is more neceſſary than to treat of, and faithfully diſcover, the Cauſes and Cure of Barrenneſs *in Women, when it is done with a real Intent of being ſerviceable to the World, in rendering ſuch a conſiderable Number of the* Fair Sex *fruitful and happy, who with the laſt Degree of Sorrow now labour under the ingrateful Imputation of being* Barren.

AND the more uſeful will it ſtill appear, when we conſider that the Natural Excellent Modeſty of our Women, reſtrains them from openly ſeeking a Cure of that unfortunate Circumſtance, which by Means of the plain modeſt Account given in the firſt Chapter of this Practical Diſcourſe, *may be ſecretly remedied by themſelves, without the Knowledge of others.*

IN reſpect to what regards the Male Sex, *or their* Impotency *and* Infertility, *or in general their* Incapacity of Propagating their Species, *it is moſt certain, that during the Heat and firſt Sallies of Youth, Men are ſo intent on their Paſſions, and their Thoughts ſo much employed on the gratifying of them, that many of them think or care little of the End of Marriage, or of having Iſſue; but when Reaſon gets the better of their Paſſions, and a few Years have ripen'd their Judgment, they then conſider that there is no Way of becoming immortal in this World, or at leaſt of perpetuating themſelves to the End of Time, but by being renewed in their Children, to whom only they can leave their Poſſeſſions with real Satisfaction.*

AND this is the Reaſon that almoſt all Men, howſoever regardleſs they may be of having Children in their Spring of Life, yet about the Meridian of their Days, are very deſirous

of tranſmitting themſelves as well as their Acquirements to Poſterity, and wiſh for nothing ſo much as lawful Iſſue.

SOME few indeed there are, who, conſidering the many grievous Fatigues even the happieſt of Mankind muſt of Neceſſity undergo in this World, think the Pleaſures of Life, at beſt, come very ſhort of a Balance for the innumerable Toils, Dangers, and Sorrows, which every one is doom'd more or leſs to meet with, on this Side the Grave; and therefore are rather content their Families ſhould be extinct, than deſirous of having Children, who muſt neceſſarily know ſo much Miſery as is naturally interwoven with the Thread of Life.

HOW far thoſe who give into ſuch a Way of Thinking, are right or wrong, I ſhall leave others to determine, but preſume every one will allow there are but few who entertain ſuch Notions, in reſpect to the Generality of Mankind, who for the moſt Part are at one Time or other very deſirous or fond of ſeeing themſelves revive in their Offspring; and certain it is, that by much the greateſt Part of thoſe who have no Children, are very anxious for want of them.

THIS ſufficiently ſhews the Uſefulneſs of the ſecond Chapter of this Practical Diſcourſe, *wherein* Gentlemen *who lie under any manifeſt* Imbecility, *ſo as to be* incapable of propagating their Species, *will find full Directions for their Cure; as ſuch alſo may who happen to be* Infertile *by Means of ſome unapparent Cauſe, as abundance are, through faſt Living and other Accidents, tho' not appriſed of it themſelves, but think their not having Children proceeds from ſome Fault on the Female Side, when at the ſame Time it is on their own, as in that Chapter is fully ſet forth.*

IN the ſecond Chapter alſo, I have occaſionally touch'd on the Nature and Cauſe of a ſimple ſeminal Gleet in Men, *which is acknowledged by the Learned to be ſo very difficult and hard to cure, as that it ſeldom gives Way to Medicine, or ſcarcely ever is intirely remedied; which yet may be aſſuredly cured, and the Patient be perfectly freed from it, by ſtrictly following the Directions I have there given. In this ſecond Chapter likewiſe the Reader will find the* Digreſſion *concerning the* Method *of* begetting Males *rather than* Females, *or of* Females *rather than* Males.

AND as a Woman's Conceiving, without being able to retain the Fruit of her Womb, for the whole Nine Months, the Great Author *of our Being has appointed for a regular Birth, is attended with abundance of Sorrow and a great deal of Danger, the third Chapter treating of* Miſcarriage, *and how to prevent it, will, I doubt not, prove as acceptable, as it is really neceſſary.*

IN the fourth Chapter I have given very uſeful Directions to the Ladies *how to conduct themſelves during their* Pregnancy, *how to prevent a difficult or hard* Labour *in* Child-birth, *and how to cauſe a ſafe and eaſy* Delivery; *I have directed alſo how*

to remedy or effectually take off the ſevere After-pains *that many Child-bed Women are moſt miſerably afflicted with, and which oftentimes prove exceeding dangerous to them: And concerning the* Lochia, *or* Child-bed Purgations, *I have ſhewn how they may be regulated; that is, promoted if they are too ſparing or deficient, and reſtrained if they are exceſſive, or flow too much. In this Chapter I have alſo given ample* Inſtructions *to* Midwives *and* Nurſes *how to treat their* Child-bed Women *with* Safety *and* Succeſs, *and have communicated without Reſerve ſeveral excellent Remedies highly neceſſary to be adminiſter'd.*

IN the fifth Chapter, the Reader will meet with the very beſt Method *of managing* young Infants, *in order to* preſerve their Lives, *which, if duly obſerved, and the Advice therein given punctually followed, however trifling the firſt Part of it eſpecially may ſeem to ſome thoughtleſs or ſelf-conceited People, will ſave Hundreds of Children from the Grave, who would otherwiſe be loſt.*

WHATEVER therefore a few Obſtinate, Weak, Careleſs, or Cruel Women may think or ſay, who have not either Goodneſs or Senſe ſufficient to know how much Influence the leaſt Error, or Neglect in Management, has upon the Life of a tender Infant in the Month, all the judicious thinking Part of the Fair Sex, *who have the real Welfare of their Children at Heart, and who are ſenſible how much their tender Lives depend upon ſmall Incidents; and more eſpecially that Part of Mankind,* Gentlemen *as well as* Ladies, *who have had the Misfortune to loſe ſeveral Infants before, and are anxious for the Preſervation of thoſe they now have, or are likely to have, to inherit their Eſtates and Virtues, will think themſelves much obliged to me for the uſeful Cautions, good Advice, and Inſtructions I have given in that laſt Chapter, ſince they are the Reſult of ſound Reaſon, confirmed by very large and unerring Experience.*

IN this Eighth Edition *the Reader will find ſeveral* material Additions *interſpers'd throughout the Whole.*

SO that in this Practical Diſcourſe on BARRENNESS, *&c. and the foregoing Treatiſe intitled the* Ladies Phyſical Directory, *are compriſed all the neceſſary Inſtructions, for the Cure of every ſecret Weakneſs and Indiſpoſition the* Fair Sex *are peculiarly ſubject to, from their Youth upwards throughout the whole Courſe of their Lives, and for their regular Conduct whilſt with Child and in Child-bed, as alſo for the Preſervation of their Infants; by the due Obſervance of which, and punctually following the Directions given, they may be ſoon freed from Illneſs, and may preſerve themſelves in Health and Strength, the greateſt Bleſſings of this Life, and the married Part of them become the happy Mothers of a numerous and healthful Offspring.*

GENTLEMEN alſo will be ſet right in reſpect to many vulgar Errors which have long, too long obtain'd Credit in the

World, and will be appriſed of all that's proper for the Cure of Impotency, *&c. and of every Thing neceſſary to be known, as well concerning the Fair Sex, as relating to Themſelves.*

I think I ſhould be unjuſt if I did not here caution Gentlemen and Ladies to be careful that they have not a Performance, which firſt made its Appearance in the World quickly after the Publication of the ſeventh Edition of this Book, *under the Title of the* Ladies Diſpenſatory, *impoſed on them inſtead of the* Ladies Phyſical Directory, *as it is chiefly an almoſt literal Tranſcription of it, and of the following* Practical Diſcourſe on Barrenneſs, *to which are added ſome Receipts and other Things copied alſo from two or three other Books, as more particularly mentioned in the Preface to the* Ladies Phyſical Directory *aforegoing, and compiled in ſuch a Manner as rather to confuſe the Patients than direct them plainly what to do.*

I cannot conclude this Preface without taking Notice, as I have already done in that to the former Treatiſe, of the Uneaſineſs I have been frequently under, at the being obliged to write ſo plainly of Women's private Indiſpoſitions, as was truly requiſite in order to make them be perfectly underſtood; the Neceſſity of treating of Impotency, Infertility, *and* Seminal Weakneſſes *in the* Male Sex, *in ſo plain a Manner alſo, gave me no leſs Concern; but as it was impoſſible to do otherwiſe, without making the Book unintelligible and uſeleſs, to thoſe who ſtand in moſt need of Aſſiſtance from it, I hope I ſhall be very far from being thought blameable in that Reſpect.*

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A Practical Diſcourſe ON BARRENNESS, &c.

CHAP. I.

Of Barrenneſs in WOMEN.

IN Diſcourſing of *Barrenneſs*, it will be readily underſtood that I mean to treat only of the Cauſe and Cure of it in Women of ſuitable Years, and not in thoſe who are either too old or too young; in the former when their *Terms* have left them, Conception is impoſſible, and the latter muſt contentedly wait till Age has ripen'd and made them capable of Child-bearing; for many Examples of the Fair Sex there are, who having married very young, conceived not till they were Nineteen, Twenty, Twenty-two, or three Years of Age, or more, and then became very fruitful; and of ſome few others, who marrying betimes, have had Children at Fourteen or Fifteen: Such a remarkable and manifeſt Difference there is in the Nature and Ripeneſs of the Female Sex. This being premiſed,

I ſhall firſt ſhew the ſeveral Cauſes of *Barrenneſs*; and here, by the Way, I cannot paſs by what with Concern I have often obſerved, namely, that many likely Women have been deemed incurably *Barren*, lived uncomfortably many Years, and at laſt gone out of the World without bearing Children, for want only of thoſe to whom they apply'd having a true Knowledge of the ſeemingly unaccountable Cauſe, which in all Probability might have been eaſily removed by a proper Method and fit Medicines, and the Women have been rendered as capable of having Children as any whatever. But to proceed.

THE Cauſes of *Barrenneſs* are many; as the viſible ill Structure or Formation of the ſecret Parts, exceeding Fatneſs, ſchirrous Tumours or Swellings in the Neck of the Womb, Ulcers, &c. in all which Caſes there cannot be a regular Admiſſion of the Male *Semen*; ſo that it is impoſſible a

Conception

Conception ſhould happen: But as theſe Caſes are ſeldom ſeen, and as rarely cured, I ſhall not enlarge upon them. Other Cauſes of *Barrenneſs* are,

I. THE *Deficiency* of the *Monthly Terms*; and then the natural ſparkling Briſkneſs of the Blood and Juices is wanting, the lively deſirous Faculty is ſpoiled, neither is the Womb fit to receive the ſpirituous *Effluvia* of the Maſculine *Semen*, that Conception might follow.

II. THE *immoderate Flux* of the *Courſes*, which impoveriſhes the Fluids, weakens the whole Body, and thereby incapacitates a Woman to conceive.

III. THE *Whites*, Slipperineſs, or Over-moiſtneſs of the Womb, which weaken it and its Veſſels, plainly prevent Conception, by condenſing or drowning, as it were, the vital Spirits of the Male *Semen*, and by that Means cauſe *Sterility*.

IV. The Swelling of the *Vagina* or outer Neck of the Womb, ſo as to hang out of the Body, vulgarly called the *Down-falling of the Womb*, which then hinders Coition.

BUT there are yet other Cauſes of *Barrenneſs* that are not viſible, the Women being in perfect Health, young, briſk, jolly, and as likely to have Children to all Appearance, and as they themſelves believe, as any in the World; and by reaſon the Cauſes of *Sterility* in ſuch Women do not immediately appear, they are by many called occult or unknown; but an ingenious Phyſician, who makes the Animal Œconomy his Study, is expert in Anatomy, and who carefully ſearches into the abſtruſe Principles and Cauſes of Things, may eaſily inveſtigate theſe Cauſes, and readily conceive the beſt Method of removing them, and which I ſhall endeavour to unfold.

BUT firſt it will be neceſſary, in order to explain and fully lay open what may otherwiſe appear intricate to Women and others, in treating of theſe Cauſes, to ſhew the Nature of Generation, and how a *Fœtus* is produced.

WITHIN the Body of a Woman, on each Side of the outer Part of the Bottom of the Womb, at about two Fingers Breadth Diſtance from it, are ſituate the *Ovaria*, ſo named from their Likeneſs to the Collection of little Eggs found in the Bodies of Fowls: Theſe *Ovaria* are of an oval Figure, a little flat on their upper Part, and about half as big as a Man's Teſticles, and are vulgarly, but erroneouſly, called Teſticles or Stones.

IN the *Ovaria* there are ſeveral little *Ova* or Eggs, almoſt like Bladders, contain'd in proper ſeparate Cells, one of which Eggs in the Time of Coition is fœcundated, or impregnated by the ſpirituous Part or *Effluvium* of the Male *Semen* caſt

to

to the Womb; which Spirit or *Effluvium*, according to the moſt generally received modern Opinion, aſcends from thence to the *Ovaria* through the Veſſels called Womb Trumpets, which are about four or five Fingers Breadth long, and ariſe on each Side from the Bottom of the Womb; the upper Parts of theſe Womb Trumpets, being wide and open, embrace the *Ovaria* in the Time of Enjoyment, and their whole Tubes dilate or open ſo as to give free Paſſage to the *Effluvium* or Spirit of the Maſculine *Semen* caſt to the Womb, that it may inſtantly arrive at the *Ovaria*, where it ſtimulates, acts upon, and impregnates one of the little *Ova* or Eggs therein contained, as before-mention'd; which then falls from its Cell, through one of the Womb Trumpets into the Womb, as the proper Place aſſigned by Nature for its Reception, to which it ſoon after adheres, and is there nouriſhed, grows bigger, and contains the *Fœtus*.

If two or more of theſe little Eggs happen to be fœcundated or impregnated at the ſame Time, the Woman then has Twins, or ſeveral Children at a Birth, as is often ſeen.

The falling of one of the little Eggs from its Cell in the *Ovaria*, through one of the Womb Trumpets into the Womb, often occaſions an uncommon Senſation, and gentle ſhivering of the Body after the Conjugal Act, which is therefore a Sign of Conception; it alſo cauſes a Contraction of the inner Neck or Mouth of the Womb, ſo as perfectly to cloſe it, in order to retain the Egg in the Womb, and prevent its ſlippping away, till at the End of nine Months, the Time allotted for the Perfection and Birth of the *Fœtus*, it is become ripe for Expulſion, and fit to live in the open Air, when breaking through its Integuments, or the Membranes of the *Ovum* or Egg (now grown to an immenſe Bigneſs, in Compariſon to what it was at the Time of Conception) and aſſiſted by the Mother's Throws, it launches into the World, and is preſently followed, in a kindly Labour, by its former Coverings, Membranes, or outer Part of the Egg, together with the *Placenta* or Cake, by which it adhered to the Womb.

And thus Conception is cauſed, and not by the fancied true and equal Mixture of Male and Female *Semen*, as was the Notion of the Antients; for Women have no ſuch Thing as *Semen* other than the *Ovaria*, erroneouſly called Teſticles, before deſcribed.

Indeed in the Time of Coition ſome Women void a white limpid Humour, which having ſome Reſemblance to *Semen*, might help to occaſion the Miſtake of the Antients; but modern Diſcoveries demonſtrate, that this white Liquor comes from the ſmall Glandules of the *Vagina* called *Lacunæ*, and

not

not from the Womb; neither in the Time of Coition does it go into the Womb, which is a plain Proof that it is not *Semen*, but that it is only designed by Nature to create Desire, lubicrate the Passage of the Womb, and heighten Pleasure.

ANOTHER vulgar Error is, that in order to Conception, the Male *Semen* should be retain'd in the Womb after Coition; whence many of the Fair Sex finding it quickly slide away, have been very uneasy in their Minds, thinking it impossible they should conceive when that happens, and do suppose their not being with Child is for want of retaining it.

WHEREAS it is certain the Masculine *Semen*, altho' cast to the Womb, is never long retained there, but always quickly glides away, whether a Conception happens or not.

FOR it is only the vital Spirit, living *Effluvium*, or Vapour arising from the *Semen*, when it is cast to the Womb, which ascending to the *Ovaria*, impregnates one or more of the little *Ova* or Eggs therein contained, or occasions Conception, as before taught, whilst the remaining gross Quantity, or by much the greatest Part of it, always comes away, as above-said.

IT is now almost universally allowed, that the Male *Semen*, when in good Order, is replete with innumerable *Animalcula*, or rather *Homunculi*, that is, an inconceivable Number of the human Species, both Male and Female, almost infinitely minute; one of which insinuating or obtaining Entrance into a Female *Ovum* or Egg, as a proper *Nidus*, or fit Habitation for it, is there nourished, grows bigger, or unfolds it Parts, and becomes a *Fœtus*.

So that at this Day the most-generally-received Opinion, confirm'd by many Experiments, seemingly undeniable, is, that the actual living Particle, or vital Being, whether Male or Female, proceeds intirely from the Male in all living Creatures whatever, and that the Female affords nothing more than a proper Receptacle or Habitation for it, due Warmth, and fit Nourishment.

BUT altho' this is so well establish'd by microscopical Observations, manifold Experiments, and Philosophical Reasoning, yet there is one very weighty Objection to it, which I think sufficiently demonstrates, that in this Case, as well as in every other, *Divine Providence* has set Bounds to human Knowledge, which the most penetrating Mortal cannot pass, and has render'd the first Essence of Things absolutely inscrutable by the acutest Wisdom of Mankind.

FOR if the Female only furnished a fit *Nidus* or Nest, due Warmth, proper Nourishment, and other outward Conveniences, without contributing any Thing more, then it would follow, that in all Cases the Male would beget its own proper

Species,

Species, without the leaſt Deviation or Difference of Parts, or Colour, altho' coupled with a Female of a different Kind; but this is found otherwiſe by Experience and well-known Facts.

For a Male of one Species coupling with a Female of another, produces a Creature very different in its Structure and Parts from either, and apparently partaking of both Kinds; as is evidently ſeen in a Mule, produced by the Horſe and Aſs Species generating together.

Now tho' a different Neſt, Receptacle, or Habitation, and different Nouriſhment, may occaſion an Alteration as to Stature or Growth, and Vigour (as is ſeen in Plants when their Seed is ſown in an improper Soil) yet theſe only, if nothing elſe contributed, could never alter the very Nature and Structure of the Animal (any more than bad Ground does the eſſential Nature of a Plant) or produce different Joints, or different Articulations of them, or cauſe it to partake ſo much of the Nature of both Kinds, as a Mule apparently does of the Aſs and Horſe Species.

So alſo, a Negroe or black Man marrying a white Woman, the Produce of that Marriage, whether Male or Female, will be neither black as the Father, nor white as the Mother, but evidently partake of the Colour of each, ſo as to be known at firſt Sight to be the Child neither of black nor white Parents, but of black and white conjoin'd.

If the Female therefore afforded nothing more to the Production of ſuch an Infant, than barely nine Months Habitation and Nouriſhment, it does not, I think, ſeem likely that its Skin ſhould thereby become ſo different in Colour from that of its Father, as it is always plainly ſeen to be.

From the Conſideration of theſe Things, which are ſo well known and familiar to us, we muſt be enforced to conclude, that in the Affair of Generation the Female does contribute much more eſſentially to the Production and Formation of a living Being, than barely a proper *Nidus* or Neſt, fit Nouriſhment, and due Warmth, can amount to, altho' how, or in what peculiar Manner, is hid from us.

And thus having diſcover'd, as far as human Wiſdom has hitherto been able to penetrate, how Generation or Conception happens, I ſhall proceed to treat of the Cauſes of *Barrenneſs*, which do not plainly appear, and are not known to the Fair Sex themſelves, which now from what follows may be eaſily conceived by Perſons accompliſhed with good Senſe and Underſtanding.

The Cauſes then that hinder Conception in Women of ſuitable Years, briſk, and not labouring under any apparent

Weakneſs

Weakneſs or Indiſpoſition, muſt be either an Oſtruction of the Womb Trumpets, which then hinders the ſpirituous Part of the Maſculine *Semen* from paſſing thro' them to the *Ovaria*, without which Impregnation or Conception cannot happen; or from the Faultineſs of the *Ova* or Eggs contain'd in the *Ovaria*, ſo as to be incapable of being impregnated by the vital *Effluvia* of the Male *Semen*, that Conception might follow; or elſe from an Inappetency to Matrimonial Pleaſure in general; which laſt is common to Women of a cold Conſtitution, in whom the Spirits flow not to the lower Parts; they find no Pleaſure in Coition, the Womb contracts, its inner Neck cloſes, and for want of warm Deſire in the Mind, gives not, but as it were refuſes, a ſuitable *Reception* to the *Effluvia* of the Male *Semen*, and ſo abſolutely prevents Conception.

MANY Women there are alſo, who having had a Miſcarriage, or one Child, or perhaps two Children, conceive not again for ſeveral Years after, altho' in perfect Health, youthful enough, and as likely to bear Children yearly to all Appearance, as any Women whatever; now this alſo muſt be attributed either to an Obſtruction of the Womb Trumpets, or to ſome Imperfection of the *Ova* or Eggs in the *Ovaria*, as before taught; ſo that whenever theſe Indiſpoſitions are remedied, either by Medicines, or through Length of Time, or ſome accidental Change in their Way of Living, ſuch as reſiding in a better, or even a different Air, or after a different Manner than they did before, they preſently conceive again: And thus it happens that ſome of the Fair Sex are five, ſix, ſeven, or more Years between each Child.

THUS having ſhewn the Cauſes of *Barrenneſs*, or Want of Conception, as well thoſe that are deem'd occult or unknown, as thoſe that are obvious to Midwives and Women themſelves, I ſhall in the next Place point out the true and direct Method of Cure.

FIRST then, if Conception is hinder'd by Diſeaſes, as the Deficiency and Want of the Courſes, immoderate Flowing of the Terms, the Whites, Slipperineſs of the Womb, or the Out-hanging, or Bearing-down of the ſwell'd *Vagina*, then Recourſe muſt be immediately had to the Method and Medicines appointed for their Cure, under their proper Heads or Chapters in the foregoing Treatiſe, intitled, *The Ladies Phyſical Directory*, and when the Patient is thereby brought into good Order, has her Courſes regularly, and her Body in an apparent healthy State, then, if ſhe does not quickly conceive, muſt be adminiſter'd proper Uterine Medicines, cordial and ſtrengthening, and which have a peculiar Faculty to prepare, fortify, and invigorate the Parts appropriated to Generation, and

cauſe

cauſe the Fair Sex to become prolifick; of which Nature are the Medicaments I ſhall by and by preſcribe.

Now when *Barrenneſs* proceeds from Obſtruction or Stoppage of the Womb Trumpets, or from the Faultineſs of the *Ova* or Eggs in the *Ovaria*, which Cauſes do not appear otherwiſe than in their Effect, or from Deficiency or Want of neceſſary amorous Deſire; then, and in all theſe Caſes, Endeavours muſt be uſed to attenuate the Blood and Juices, rouze and increaſe the Animal Spirits, cauſe them to act with Ardour, to enliven the whole human Frame, and create Mirth, and particularly to rectify all Diſorders of the Genital Parts, by ſuch ſalubrious Medicines as are ſpecificated to open Obſtructions of the Womb Trumpets, and at the ſame Time, adapted to comfort and ſtrengthen the whole Body, nouriſh, increaſe, and fill the *Ova* or Eggs in the *Ovaria*, make them apt and ready to be fœcundated or impregnated, and alſo to correct and drive away the Saturnine Habit, and all ſuperfluous, cold, moiſt Humours, that deaden Deſire to Matrimonial Rites, and thereby deſtroy even the very Intent of that Divine Inſtitution: Such Medicines, I ſay, muſt be preſcribed, as will repleniſh the Blood and Juices, and revive an Inclination to *Coition*, that it may not be burdenſome, as it is to ſome Women, but ſuitably agreeable, that thereby happy Iſſue may be the Conſequence.

And for this Purpoſe Authors have preſcribed as great a Variety of Remedies as for any other Indiſpoſition, or in any other Caſe, for which Medicine is uſed; ſome mightily extolling one Preſcription, and others giving large Encomiums on others; but of all the Preſcriptions and Medicines that I have ever ſeen, or myſelf directed, there are none that can compare with the following, which I have largely experienced to be truly effectual for the Cure of *Barrenneſs*, and in promoting Conception, and which will do more in that Reſpect in a few Days, than moſt other Remedies can perform in as many Weeks, if they are but taken punctually according to the Directions: And thoſe Medicines are my *Prolifick Elixir*, and *Powerful Confect*, which are both of them endued with ſuch extraordinary Properties, that in moſt Perſons either of them being taken alone, will have the deſired Effect; but being taken together, as preſently to be directed, will never fail, humanly ſpeaking, of being attended with all the wiſh'd-for Succeſs imaginable. *The Prolifick Elixir is thus made:*

No. 13. The Prolifick Elixir.

Take the very beſt Succotrina Aloes and fine Myrrh in Powder, of each ſix Drams; beſt Ruſſia *Caſtor in Powder, and choice* Engliſh

Engliſh *Saffron well pick'd, of each three Drams; Chymical Powers of Sage, Baum, Clary, Comfry, Eringo, and Amber, of each two Drams; of tartariz'd Spirit of Wine, half a Pint; mix the Chymical Powers and Spirit of Wine firſt, which then pour upon the other Ingredients, and digeſt them in a Sand-Heat for ten Days, or till a very deep ſtrong Elixir is obtained; which, after it is well ſettled, decant from the Fæces, and add to it my Eſſence of* Mars, *and Chymical Prolifick Oil, of each two Ounces; mix them very well by ſhaking, and keep the Whole cloſe ſtopp'd for Uſe.*

OF this *Prolifick Elixir*, the Patient ſhould take twenty, or twenty-five Drops, firſt ſhaking the Vial, every Morning faſting, and at five o'Clock every Afternoon alſo, in a ſmall Glaſs of White Wine, not eating any Thing for about an Hour before or after each Doſe.

AND whilſt ſhe is taking the *Proliſick Elixir*, let her alſo take the Quantity of a Walnut of the following *Powerful Confect* an Hour before Dinner every Day, and likewiſe every Night going to Bed, drinking with each Doſe of it a Glaſs of true *Canary*, good *Sherry*, right *Frontiniac*, *Muſcadine*, or other choice generous Wine, obſerving only not to eat any Thing for an Hour or more before or after taking it.

AND thus let the *Prolifick Elixir* and *Powerful Confect* be taken conſtantly, for three Weeks, a Month, or longer, according to the Patient's own Diſcretion, and they will aſſuredly open any Obſtruction or Stoppage of the Womb Trumpets, fit and prepare the *Ova* or Eggs for Impregnation, rectify the Blood and Juices, correct all vicious Properties of them, and certainly incline and diſpoſe the Patient to conceive and become fruitful; for they increaſe the Spirits, revive, exhilarate, and ſtrengthen the whole human Frame to Admiration, make the *Ova* orEggs in the *Ovaria* full, ripe, and apt to be fœcundated, dilate or widen the Womb Trumpets, warm, comfort, and ſtir up the Generative Powers to Admiration, and thereby abſolutely remove all natural Cauſes of *Barrenneſs*, and exceedingly promote Conception. *The Powerful Confect is thus made:*

No. 14. The Powerful Confect.

Take of the beſt treble-refin'd Loaf-Sugar, ſix Ounces; the beſt Damaſk Roſe Water, four Ounces; Juice of Kermes Berries, twelve Ounces; boil them to the Conſiſtence of a thick Syrup, and then add of the choiceſt Malaga *Wine, three Ounces and half; Syrup of candied Ginger, fifteen Ounces; mix them well together, and then ſtir in the following Ingredients, firſt reduced*

reduced into fine Powders and Pulps, as they ſeverally require, viz. *Mace, Nutmegs, Cardamoms, Seeds of Nettles, Grains of Paradiſe, of each a Dram; Benjamin, long and black Pepper, Galangals, Cloves, Seeds of Aſh, of each a Dram and an half; fine* Engliſh *Saffron, two Drams; Xyloaloes, two Drams and an half; Cinnamon, three Drams and an half; candied Ginger, Eringo candied, Pulp of Dates, Pine and Piſtach Nuts, ſweet Almonds, of each half an Ounce; Satyrion Root, freſh gathered, two Ounces; Musk, a Scruple; Ambergreaſe, (diſſolv'd in ſome Drops of Oil of Cinnamon) two Scruples. Incorporate all very well together according to Art, and then add, of Powers of Vipers, an Ounce; of my ſtimulating Eſſence, half an Ounce; and make a Confect according to Art, which may be kept in Pots of about three Ounces each.*

THIS *Powerful Confect* and alſo the *Prolifick Elixir* are both of 'em very pleaſant to the Palate, and are certainly the moſt effectual Medicines for *Barrenneſs* that ever were made in the World, and may be taken for two Months together, or longer if need be. Or the Patient after taking them both together for a few Weeks, may if ſhe pleaſes then begin to take them alternately, or only one at a Time, that is, the *Prolifick Elixir* in the Manner directed one Week, and the *Powerful Confect* in the Doſe and at the Time already adviſed another Week, and ſo continue them for a Month, ſix Weeks, or longer, as ſhe judges proper, or till the End is anſwered.

BUT if the Patient ſhould happen to be of ſuch an exceeding cold Conſtitution, that notwithſtanding her taking theſe choice Medicaments for ſome Time, ſhe ſhould ſtill find an Inappetency, or Want of Inclination to conjugal Enjoyment, which will not happen to one in an hundred, then it may be convenient for her, beſides continuing the Medicines as above adviſed, juſt to anoint now and then all the ſecret Parts, a little Way Within-ſide as well as on the Out-ſide, with a very little of the following *Stimulating Balm*, (firſt ſhaking the Bottle) either by Means of a Feather dipp'd into it, or otherwiſe as ſhe pleaſes; which *Stimulating Balm*, being diſcretionally uſed now and then outwardly, eſpecially a little before Coition, will attract the Blood and Spirits to the genital Parts, and inſpire the Mind with chearful and warm Inclinations, and together with the other Remedies conſtantly taken inwardly, will in all human Probability aſſuredly have the deſired Effect, and promote Conception in an extraordinary Manner. *The Stimulating Balm is made thus:*

No. 15. The Stimulating Balm.

Take Adeps Roſarum, and Eſſence of Lemon-Thyme, of each half a Dram; Eſſence of Orange-Flowers, two Drams; Eſſence of Cloves, three Drams; Eſſence of Lemons, ſix Drams and an half; Oil of Jeſſamine, five Ounces; and of my Provocative Chymical Powers, one Ounce: Firſt mix the Adeps Roſarum, the Eſſences, and my Chymical Powers, and then add the Oil of Jeſſamine, and make a Stimulating Balm; which if done according to Art, will be very odoriferous, and finely tranſparent.

THIS *Stimulating Balm* is not nauſeous to uſe, but has a pleaſant fragrant Scent, and proves excellently ſerviceable.

IF by uſing it much, the Parts ſhould at any Time be over-heated, ſo as to cauſe any Uneaſineſs, then preſently waſh and bathe them for a Quarter of an Hour together, with warm Milk and Water, and the Heat or Uneaſineſs will be immediately taken off.

IN reſpect to Diet, the Patient ſhould take Care in general, that her Food is very nouriſhing and ſtrengthening, and ſuch only as is of very eaſy Digeſtion, avoiding always ſuch as is hard and apt to lie heavy on the Stomach: Of Fleſh Meat, Mutton, Lamb, Veal, Kid, and Veniſon, are to be preferr'd: Of Fowl, large Cock Chickens, Ducklings, Turky Pouts, Pheaſants, Partridges, Woodcocks, Quails, and Ortelans, are beſt eſteem'd: And of Fiſh, freſh Cod, Cod's-Head with Oyſter-Sauce, Turbut, Carp, Trout, Soals, freſh Salmon, Sturgeon, *&c* But above all Shell-fiſh, ſuch as Lobſters and Cray-fiſh in the Summer, and choice freſh Oyſters full of Liquor, in the Winter, are of very extraordinary Efficacy in an Evening: Of other Eatables, new-laid Eggs, Caveer, Gravy-Soop, *&c.* may be of Service, provided they agree with the Stomach and digeſt well; for this ought ever to be obſerved, that the Food which is found by Experience to agree with the Stomach and digeſt quickly, without occaſioning Heavineſs, Drowſineſs, or any Trouble or Uneaſineſs afterwards, is always the beſt, affords the moſt Nouriſhment, and generates the greateſt Quantity of Animal Spirits.

AND this leads me to adviſe every one to eat their Meals regularly, and be ſure neither to faſt too long between them, nor eat too much at them, or of many Diſhes at a Time; a moderate Meal, more eſpecially for Supper, (which ought always to be very light) ſoon digeſts, repleniſhes the Blood and Juices with nutritive Parts, increaſes the Spirits, and apparently invigorates the whole human Syſtem; whereas a large Meal over-powers the digeſtive Faculty, lays a Clog upon all the

the Wheels and Springs of the Animal Machine, and in a little more than half an Hour, induces Heavineſs, Sleepineſs, and Inactivity, the certain Signs of having eaten too much; whence often proceeds Indigeſtion, Wind, Cholick, Gripes, and ſuch like Diſorders, and inſtead of inriching the Fluids, invigorating the Solids, and increaſing the Spirits, becomes rather a Load upon them, retarding their Operations, and preventing the due Exertion of the Animal Faculties.

Let your Food therefore be nouriſhing and eaſy of Digeſtion, your Meals regular as to Time, and beſure not too large; your Suppers particularly be ſmall, and eaten an Hour or two at leaſt before going to Bed: As to Wine, a Glaſs or two to promote Mirth and raiſe the Spirits may be very proper, but too much, inſtead of raiſing, will diſſipate, and in ſome Degree extinguiſh the Spirits, and enervate the Animal Powers; and thus much may ſuffice concerning Diet.

In regard to the Manner of Living in other Reſpects, I would adviſe every one to go to Bed tolerably early, at leaſt an Hour or two before Midnight; nothing is found more to deſtroy the Spirits, and weaken the whole Habit, than ſitting up late at Night, unleſs it is lying in Bed unreaſonably long in a Morning, or rather Forenoon, which is equally detrimental; for other Things, chearful Company, ſo as almoſt always to keep up good Humour and Pleaſantneſs, is of Advantage, and from thence ariſes the common Saying, that *Love and Laughter beget Children*: The Country Air, and travelling in it alſo, in the Summer-time eſpecially, and conſtant moderate Exerciſe, as well in Town as in the Country, is very neceſſary; little Abſences of Women now and then from their Huſbands likewiſe, may not be amiſs, ſince they are found to heighten and increaſe Endearments on both Sides.

And therefore the Air and Waters of *Tunbridge*, and thoſe of the *Bath* alſo, at their proper Seaſons, together with the Mirth and good Humour that reigns at thoſe celebrated Places, have proved very efficacious in the Cure of *Barrenneſs*, and in promoting Conception; and if beſides drinking thoſe Mineral Waters, and Bathing alſo in the latter, the *Prolifick Elixir* and *Powerful Confect* are likewiſe taken twice every Day, as I have directed, for the whole Time they are drinking them, more may be expected than can well be expreſſed.

And indeed the *Powerful Confect*, together with the *Prolifick Elixir*, are ſo replete with Energy and Power for the Purpoſes to which they are adapted, that being only taken as I have already adviſed, without any of the Aſſiſtances I have mentioned, of the Country Air, *Tunbridge*, or the *Bath*

Waters, the End will not fail, humanly ſpeaking, of being anſwered, or of happy Conception being occaſioned.

But ſuch as are troubled with groſs Humours, or thoſe who believe they have Occaſion for Purging, may before they begin the *Prolifick Elixir* and *Powerful Confect*, take a Doſe or two of my *Purging Pills*, as directed in the firſt Chapter of the *Ladies Phyſical Directory*, Page 5, aforegoing, which will prove of excellent Service, and prepare them the better for the two great Remedies above adviſed.

Before I quit this Subject, it perhaps may not be amiſs to mention, that as there are full three Weeks Interval between the monthly Viſits, when the Fair Sex are in Health and good Order, ſo it is certain they may happen to conceive in any Part of that Space of Time; yet it is found by Experience, that Women are much more apt to conceive upon Coition immediately after their *Courſes* are gone off, than they are at any other Time during the ſaid three Weeks Space or Interval.

There is a ſmall Alteration in their uſual Cuſtom alſo, that I would adviſe Ladies to, before I end this Chapter, and which I have often known to be attended with Succeſs in thoſe who have not conceived for ſeveral Years before, and were therefore accounted barren; and that is, that on which Side of their Bodies ſoever they have been accuſtomed to lie and ſleep in Bed, they ſhould change it, and conſtantly lie and ſleep on their other or contrary Side. This may ſeem to be of but little Moment, but I do aſſure them there is a great deal more in it than they are aware of: For by conſtantly lying and ſleeping on one Side only, for ſeveral Years together, either on their Right Side, or Left, which ever it may be, it often happens that the Bottom of the Womb, and the Body of it, inclines to, and often remains too much on that Side, by which Means the inner Neck and Mouth of the Womb is turn'd Side-ways, and does not point directly or ſtrait down towards the larger Paſſage leading to it; but being ſo turn'd on one Side, the *Effluvium* of the Male *Semen* in the Time of Coition is abſolutely prevented from entering through it into the Womb, and ſo through the Womb Trumpets to the *Ovaria*, to impregnate one of the little Eggs therein contained, that a Conception might happen.

Whereas by changing their wonted Cuſtom of lying and ſleeping on the Side they always had uſed themſelves to, and conſtantly lying and ſleeping on the other or contrary Side, for ſeveral Months together, the Body of the Womb, by its own Weight, will by Degrees change its Situation, and incline ſo much to the other Side, as that its inner Neck and Mouth will preſent directly forwards to the larger Paſſage leading

leading to it, that ſo in the Time of Coition the *Effluvium* of the Male *Semen* may enter into it, and occcaſion Conception, which otherwiſe cannot happen.

By this Alteration only in their Manner of conſtantly lying and ſleeping, I have known ſeveral Ladies, to whom I adviſed it, conceive in a few Months after, tho' they had not conceived for many Years, and ſome of them never before.

But when to theſe Rules of Diet and Manner of living, lying, and managing, the taking of the Medicines I have directed is added, not one Woman in five hundred, who is now deem'd incurably barren, but may conceive, and have Children to their Heart's Content.

And now having directed to the moſt proper Method, and effectual Medicines for the Cure of *Barrenneſs* in the Female Sex, I ſhall conclude with adviſing all Women who deſire to be the honourable Mothers of Children, not to incline to the Uſe of Venery too often; for that not only prevents a future Conception, and occaſions *Sterility* or *Barrenneſs*, but oftentimes undoes what has been before done, and deſtroys a former Conception quickly after it has taken Place, by cauſing it to ſlip away inſenſibly, which otherwiſe might have proceeded, or gone on with happy Succeſs.

By the due Obſervation of this laſt Particular, and punctually taking the Medicines adviſed, and following the Rules directed, none of the Fair Sex whatever, altho' they never had a Child, any more than thoſe who having had a Miſcarriage, or perhaps one Child, have yet been without any for many Years together, need deſpair of conceiving, and having hopeful Iſſue, let their Age be what it will, provided they are in perfect Health, and have their Courſes regularly; for a Woman can never be deemed too old to bear Children, ſo long as their Terms continue to flow monthly, and in good Order, altho' ſhe is fifty Years of Age, or more; but upon having Recourſe to the Medicines recommended, and ſtrictly regarding the Advice given, may with all the Reaſon in the World, expect a Child to crown her ardent Wiſhes.

While I was writing this Chapter, a Gentleman came to return me Thanks, and gratify me for the Service I had done his Lady. The Caſe was this: About ſix Months ago he acquainted me, that he had been married to a briſk, handſome young Woman, for above five Years, without having any Children, or her being once with Child; which occaſion'd great Sorrow to them both, and ſometimes Contention between them, the Gentleman alledging that it was not his Fault, and the Lady being as confident, which from all outward Appearance ſhe might, that it was not hers:

After he had inform'd me of the whole Matter, I concluded that her not conceiving, was occaſion'd by the Obſtruction or Narrowneſs of the Womb Trumpets, and therefore directed my *Prolifick Elixir* and *Powerful Confect*, to be taken for a Fortnight or three Weeks conſtantly, as I have ordered in this Chapter; which he perſuaded her to, and ſhe conceived quickly after, being now, to her great Joy, as well as her Husband's, above four Months gone with Child.

ANOTHER Gentleman (near three Quarters of a Year ſince) let me know, that he had been married near ſeven Years without having Children, and that his Wife being of a cold Conſtitution, he believed That was the Cauſe of her not conceiving; which being my Opinion alſo, I order'd her my *Prolifick Elixir* and *Powerful Confect*, to be taken for a Fortnight together or more, as I have directed in this Chapter, which ſhe readily complied with, and with uſing my *Stimulating Balm* alſo, they had ſuch Effect, that ſhe quickly conceived, and is now near the Time of her Delivery.

I could here inſert Caſes of Abundance of Women that I have had under my Care for the Cure of Barrenneſs, and who by the very Method and Medicines above preſcribed, have quickly conceived and become fruitful; but as this Chapter has ſwelled beyond my firſt Intention, I ſhall ſave my Readers the Trouble of Reading, and myſelf that of Writing any farther on this Head.

CHAP. II.

Of Impotency, Infertility, *and* Seminal Weakneſſes *in Men*: *With a Digreſſion concerning the Begetting of* Males *rather than* Females, *or of* Females *rather than* Males.

I AM now to diſcourſe of *Impotency* and *Infertility* in the Male Sex; but that I may not give Offence to the modeſt Reader, I ſhall forbear entering into too long a Detail of their many Cauſes, particular Effects, *&c.* but contenting myſelf with touching lightly, in as modeſt a Manner as poſſible, on the moſt material, ſhall proceed to direct to the beſt Method and moſt effectual Medicines requiſite for their Cure.

AND here I do not mean to treat of the Cure of *Imbecility* or Weakneſs, occaſion'd by any manifeſt Diſeaſe, ſuch as a Conſumption of the whole Body, or other Illneſs; Tumours, or other Diſeaſes of the Teſticles, under which a Patient may labour; but in Perſons only, who from ſome Defect

Defect of the *Semen*, *Imbecility* of the Genital Parts, or Weakneſs and Diſorder of the Spermatick Veſſels, find themſelves incapable of propagating their Species, altho' in other Reſpects in a reaſonable State of Health.

ABSOLUTE *Impotency*, or a total Incapacity of Fruition, is manifeſt of itſelf, and needs no Deſcription; but this much ſeldomer happens than a languid or faint Capacity or Endeavour to propagate their Species, which may be juſtly called *Inſufficiency*, and proves equally as ineffectual as the foregoing.

AND this, as well as the former, is occaſioned either by a Defect of the *Semen*, in reſpect to its Quantity or Quality, or Weakneſs of the Seminal Veſſels, or elſe through Deficiency of the Animal Spirits, or their ceaſing to flow in ſuch Abundance to the particular Muſcles, and other Parts adminiſtering to Generation, as is neceſſary.

WHEN the *Semen* is ſeparated from the Blood by the *Vaſa Præparantia* to be farther elaborated in the *Teſtes*, and is from thence brought by the *Vaſa Deferentia* to the *Veſiculæ Seminales* in due Quantity, by its volatile Pungency it agreeably ſtimulates and titillates all the Parts appropriated to the Continuation of Mankind, makes them turgid, and occaſions amorous Thoughts and Deſires in the Mind; but when through Badneſs of the Blood, its ſluggiſh Circulation, or almoſt Spiritleſs Condition, there is but little *Semen* ſeparated by theſe Veſſels, the contrary happens; and is ſometimes the Occaſion of *Impotency*, and often of *Inſufficiency*.

So alſo if the Veſſels deſtin'd to ſeparate the ſeminal Fluid from the Blood, to prepare the *Semen*, happen naturally to be ſmaller than ordinary, there will be a Paucity of *Semen*. And it is an undeniable Fact, that the *Spermatick Arteries*, *Vaſa Præparantia*, and all the *Seminal Veſſels*, in ſome Men, are much larger, and ſeparate and prepare much more *Semen* than in others, whence they are exceedingly prone to Venery, whilſt ſome, whoſe *Spermatick Arteries*, and *Seminal Veſſels* are naturally ſmaller in Proportion, have much leſs *Semen*, and of Courſe are much leſs inclin'd to Venery.

BUT theſe ſeparating and preparing Veſſels are liable alſo to Diſorders, as appears plainly by ſome Men, who having had a Sufficiency of *Semen* for ſome Years, have on a ſudden found a very great Deficiency of it, without any viſible Cauſe, and therefore moſt likely to proceed from ſome Defect of the *ſeparating and preparing Veſſels*, ſuch as their *Obſtruction*, *Straitneſs*, or *Contraction*, ſo as to diſable them from ſeparating and preparing the *Semen* in ſo large a Quantity as they before did, and hence may often enſue *Inſufficiency*, and, ſometimes, abſolute *Impotency*.

AUTHORS ſay the *Semen* is defective in Quality, either when it is of too thick a Conſiſtence, or too thin; but in my Opinion the latter is much more likely to be faulty than the former, and often proceeds from a Laxity of the Seminal Veſſels, occaſioned by Strains, inordinate Coition, Self-pollution, ſevere Purging for Venereal Injuries, or other Accidents, whence frequently enſues a *Gleet* or conſtant Ouzing of immature *Semen*. This conſtant Ouzing of a perfectly clear and ſeminal Liquor, is call'd a *ſimple Gleet*, to diſtinguiſh it from the Ouzing or Running of an impure Matter, of a yellow or greeniſh Colour, that is the Effect of foul Embraces, or Conſequence of the Venereal Infection.

A *ſimple Gleet* enervates the whole Man exceedingly, and is eſpecially attended with great Weakneſs, and oftentimes exceſſive Pain in the Back, a Senſe of Heavineſs and Pain in the Teſticles, and beſides wholly incapacitating him for Procreation, commonly terminates in that Kind of Conſumption which by Phyſical Writers is called a *Tabes Dorſalis*, or Conſumption of the Back.

WHOEVER therefore is troubled with a *ſimple Gleet*, muſt not expect to be able to propagate his Species, nor ſhould he attempt it, or take any Medicines that are deemed Seed-breeders, or any Provocatives whatever, till ſuch Time as he is perfectly freed from that Indiſpoſition, which all Authors allow is very difficult to cure.

BUT the only effectual Method and Medicines for that Purpoſe, are thoſe which are preſcribed and directed for the Cure of the *Whites* in Women, under its proper Head or Chapter, in the foregoing Treatiſe, or *Ladies Phyſical Directory*, Page 32 and 37, and which being conſtantly taken and duly follow'd in every Reſpect, for a reaſonable Time, as is there adviſed, will not fail of curing a *ſimple Gleet* in Men, as ſurely and as perfectly as they will the *Whites* in Women.

BUT the *Semen* may be render'd too thin or watery, and thereby be wholly incapable of producing a Conception in Women, without ſuch Diſorder or Laxity of the Seminal Veſſels, or a *ſimple Gleet* happening, and that by exceſſive Venery only; and in this Caſe, the Exceſs mentioned ſhould by all means be avoided, and Coition be but moderately or much ſeldomer uſed for the future, by ſuch as deſire Iſſue; by which Forbearance the *Semen* will ſoon become of a good and proper Texture again, even with but little, and ſometimes without any Help from Medicine.

SOME Men alſo, through a relax'd State and Weakneſs of the Seminal Veſſels, are incapacitated for Procreation, by ſhedding their *Semen* almoſt as ſoon as they entertain any amorous

amorous Thoughts, or have any Inclination to Coition; and by that Means only, are abſolutely hindered from Fruition, and of Courſe from propagating their Species, which they can never be able to do, till the ſpringy Tone of the Seminal Veſſels is regained, and their Strength and retentive Faculty in a proper Degree reſtored; but this Weakneſs, as well as an over-haſty Ejaculation of the *Semen*, that ſome Perſons are troubled with, ſo as to prevent their having Iſſue, may be certainly and ſpeedily cured by the ſame Method and Medicines I have juſt now adviſed for the Cure of a *ſimple Gleet*, namely thoſe that are directed for the Cure of the *Whites* in Women in the *Ladies Phyſical Directory*, Page 32 and 37, aforegoing.

THE next Cauſe of *Inſufficiency* I am to mention is the Defect of the Animal Spirits, or their not flowing in ſuch an Abundance to the virile Parts, and their proper Muſcles, as is requiſite; and this ſometimes happens altho' there is no Defect in the *Semen* itſelf, either as to Quantity or Quality.

THE Nerves ſupplying thoſe Parts, particularly the Muſcles called *Erectores Penis*, alſo the *Acceleratores*, *Tranſverſales*, and thoſe named *Cremaſter*, with Animal Spirits, may alſo chance to be obſtructed, either wholly or in Part, ſo as ſometimes to affect thoſe Muſcles, ſome or all of them, with a *Paralyſis*, and either totally or partially diſable them from acting or contracting as is requiſite for Coition; whence abſolute *Impotency* in the firſt Caſe, or its next Degree *Inſufficiency* in the laſt, may enſue.

UNDER this Head of Deficiency of the Animal Spirits, it may be proper to mention that there are ſome Men, who are every way qualified to propagate their Species, excepting only that through ſome peculiar Coldneſs in their Conſtitution, they want that Inclination to Venery, which others for the moſt Part are too much prone to: For tho', generally ſpeaking, Men rather want a Bridle to reſtrain, than a Spur to quicken them in their Addreſſes that Way, yet ſometimes, tho' rarely, it happens, that ſuch as are naturally of a cold flegmatick Habit, to ſpeak after the Manner of the Antients, want only a *Stimulus* to increaſe their amorous Inclinations, rouze their Spirits, and direct or attract them to their proper Parts, ſo as to enable them to propagate their Species.

BUT beſides theſe manifeſt Cauſes of *Impotency* and *Infertility*, there is another; I do not mean of *Inſufficiency* in reſpect to Fruition, but of Incapacity of a Man's impregnating the Female *Ova* ſo as to cauſe Conception, that remains ſtill to be taken notice of: And this, by reaſon of its not being apparent otherwiſe than in its Effect, may in the common Phraſe be called occult or unknown, for it ſometimes happens

that

that Men who to all Appearance, and in their own Judgment alſo, are as capable of Begetting Children as any Perſon whatever, are yet in reality not ſo; and their having no Iſſue has been often deemed the Woman's Fault, when in Truth it has lain wholly on the Man's Side: And in this Caſe many Times there is neither wanting Health, Vigour, or Inclination to Coition, neither is the *Semen* apparently defective either in Quantity or Quality; yet by reaſon of a certain Effete Condition it is in, it proves Infertile, and is not capable to fœcundate or impregnate any of the *Ova* or Eggs in the Female *Ovaria*, that a Conception might happen.

Now whether this Effeteneſs or Infertile Quality of the *Semen*, proceeds from the Want of *Animalcula*, with which, according to the moſt generally received Opinion, the *Semen* ought to be well ſtock'd, or from their Languidneſs; or according to ſome others, for want of the *Semen* being ſufficiently ſpirituous, ſo as that by its *Effluvium* it might ſtimulate and impregnate the *Ova* in the Female *Ovaria*, is not eaſily to be determined; but that there is ſuch an Effete or Infertile Quality in the *Semen* of ſome Men, is certain, by what we now and then find in ſome Families, who having had no Children for ſome Years, and the Fault having been deem'd on the Women's Side, and they having taken Medicines of every Kind proper to remedy ſuch a ſuppos'd Defect, drank Mineral Waters at the Spring-Head, been at the *Bath*, and tried all proper Methods for a long Time without Succeſs, we at length imagining the Defect, tho' not apparent, might poſſibly lie on the other Side, and for that Reaſon ſhifting the Scene, and preſcribing proper Remedies for the Men to ſtrengthen their Blood and Juices, invigorate their Nervous Syſtem, revive their Spirits, increaſe the *Semen*, and rectify any ill, Effete or Infertile Quality of it, the End has been ſoon anſwered, and thoſe Families have been quickly after bleſt with Children.

And I have obſerved that this Effete or Infertile Quality of the *Semen*, happens chiefly to ſuch as have been remarkable for their faſt Living of any Kind, and particularly to thoſe who have much harraſs'd their Conſtitution with Women in the Prime of their Years, and ſuch alſo who daily and conſtantly are too free with that ſlow but ſure Poiſon the Bottle; for Wine or any other ſtrong Liquor conſtantly or immoderately drank, not only impairs all the vital Faculties, and gradually kills the Individual, but deſtroys his Species alſo, which otherwiſe he might and would have propagated: And the more certain and quick is it, in its deliterious and baneful Conſequence, when good Exerciſe in an open Country Air, proportionable to the Quantity daily drank, is not as conſtantly

uſed,

uſed, to carry it off in ſome Degree: Let it be noted alſo, that as Wine, Punch, and other ſtrong Liquors, conſtantly and immoderately drank, have been juſtly ſaid to be a ſlow Poiſon; ſo a Cordial Dram of any Kind too cloſely followed, may as truly be called a quick one.

THOSE who devote themſelves too much to *Venus* alſo, lie under the ſame Predicament; ſuch likewiſe who are afflicted with Hypochondriack Melancholy, and thoſe who conſtantly ſtudy and think too intenſely, or any Way injure their Nervous Syſtem, or impair their Spirits, may reaſonably ſuſpect their not having Children to happen through this Effete or Infertile Quality of their *Semen*, which a melancholy Diſpoſition, and ſedentary Manner of Living, next to hard Drinking and immoderate Venery, is moſt likely to induce.

HAVING thus treated of the ſeveral and moſt material Cauſes of *Impotency* and *Infertility* in the Male Sex, I ſhall in the next Place direct to the moſt effectual Methods for their Cure, and ſo end this Chapter.

IF *Impotency* or *Infertility* proceeds from any manifeſt Illneſs or Diſeaſe, that Illneſs muſt be firſt cured, before any Method is taken to remedy the other Defect; ſo alſo if a *ſimple Gleet* is the Occaſion of *Inſufficiency*, or any Weakneſs of the ſeminal Veſſels, attended with either ſhedding, or a too haſty Ejaculation of the *Semen*, ſuch Weakneſs as before mentioned muſt be cured by the Means already adviſed, before any Thing elſe is attempted.

BUT in all Caſes of *Impotency* or *Infertility*, occaſioned either for the Want of a due Quantity of *Semen* being ſeparated from the Blood, or by Means of its being too Thin or Watery, or any other ill or Effete Quality of it, or through a Deficiency of the animal Spirits flowing to the proper Parts, or natural Coldneſs of the Conſtitution; in all or any of theſe Caſes, there can be nothing better adviſed, or more effectual Remedies preſcribed, than the *Prolifick Elixir*, *Powerful Confect*, and *Stimulating Balm*, which I have recommended for the Fair Sex in the former Chapter, Page 55, 56, and 58, together with Temperance in Reſpect both to the Bottle and *Venus*, purging once or twice with my *Purging Pills*, if groſs Humours offend, Obſervance of a good nouriſhing Diet, good Exerciſe of Riding in the Country Air, ſhort Abſences, the Diverſions of *Tunbridge* and the *Bath*, and other Particulars as for that Sex directed.

FOR the *Prolifick Elixir* and *Powerful Confect* being taken by Men, exactly as I have directed for Women, will admirably correct any ill Quality of the *Semen*, exceedingly increaſe its Quantity, open all Obſtructions, take off all accidental

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Straitneſs or Contraction of the Spermatick Arteries and Seminal Veſſels, and will wonderfully ſtrengthen the Nerves, revive and increaſe the Spirits, and invigorate the whole Man, as well as all the Parts appropriated to Generation: And the *Stimulating Balm* being uſed to the virile Parts, in the ſame Manner as directed for Women, by thoſe who happen to be of a ſaturnine or cold Habit, or labour under any Paralytick Affect of the Muſcles of thoſe Parts, or Deficiency of the Animal Spirits, will afford almoſt inſtant Relief; for the whole *Penis*, its Nut, Prepuce, and Body, as alſo all the *Scrotum*, containing the *Teſticles*, being well anointed with it, by Means of a Feather dipt into it, or otherwiſe, a little before Coition, it immediately rouſes and attracts the Animal Spirits to perform their proper Functions, induces a kindly Warmth, potently ſtrengthens all the Parts it is apply'd to, and invigorates them to Admiration.

But if there is a total Want of Erection of the *Penis*, either through Coldneſs of the Conſtitution, or any Paralytick Affect, then the Parts ſhould be well anointed, or bathed with the *Stimulating Balm* every Night and Morning, and Coition not be uſed, or attempted, till Potency or ſtrong Erection is regained.

And if the Parts ſhould at any Time ſeem over-heated by the Uſe of the *Stimulating Balm*, ſo as to be uneaſy; then the waſhing them very well with warm Milk and Water for a Quarter of an Hour together, will immediately remove all ſuch Uneaſineſs.

But it ſhould be well noted, that applying a *Stimulus* alone, ought not to be ſolely relied on; and therefore whoever judges it neceſſary to uſe the *Stimulating Balm*, ſhould by all Means at the ſame Time take the *Prolifick Elixir* and *Powerful Confect* alſo, as before adviſed, by which they may be almoſt aſſured of Succeſs. And this ought to be well obſerved by the Female Sex likewiſe.

For theſe excellent Remedies exceedingly promote the chearful Curricle of the Blood and Juices, raiſe all the Fluids from their languid depreſſed State, to one more florid and ſparkling, open all Obſtructions, fortify the Nerves, increaſe the Animal Spirits, reſtore a juvenile Bloom, and evidently repleniſh the criſpy Fibres of the whole Habit, with a generous Warmth and balmy Moiſture, and thereby invigorate to ſuch a Degree, as not to be imagined, but by thoſe who have experienced how exceedingly and ſuddenly they renovate, recruit, and powerfully ſtrengthen all the Animal Faculties and generative Powers in both Sexes.

They inforce a bright lively Diſpoſition, baniſh Melancholy,

choly, and inſpire Mirth and Gladneſs of Heart beyond Expreſſion. And true it is, that abundance of Ladies, who for ſeveral Years were deemed incurably barren, have quickly after taking the *Prolifick Elixir* and *Powerful Confect*, conceived and become fruitful; and great Numbers of Gentlemen alſo, who by faſt Living or otherwiſe had render'd themſelves incapable of Procreation, have ſoon been enabled to propagate their Species, inſomuch that many illuſtrious Families, who for want of Children were almoſt inconſolable, are now bleſt with happy Iſſue, and are, under Providence, indebted to theſe great Medicines for their Heirs. They rectify all Diſorders of the Stomach, create an Appetite, procure a good Digeſtion, have a very fine Flavour, cordial and pleaſant to the Palate, and in all Weakneſs of Body, or Decay of Conſtitution, are moſt admirable Remedies, and even ſeem to keep back the Effects of old Age itſelf.

And this may be ſaid of each of theſe Remedies apart, or when ſingly taken; but when both of them are taken together, or in the Manner adviſed to Women, their Force and Virtue being then united, all that can be wiſhed for or deſired from Medicine, may be reaſonably expected from them.

But that they may ſtill prove the more certainly effectual, in procuring Iſſue to thoſe who are deſirous of Children, I would earneſtly recommend the abſtaining from too frequent Coition; becauſe by its being too often repeated, a ſufficient Time is not allowed for the *Semen* to become duly elaborated in the Veſſels, or of Ripeneſs, Strength, and Vigour enough to impregnate the Female; nor is it ejected with ſufficient Power or Force, but in a languid or faint Manner, whilſt the *Semen* itſelf being at the ſame Time immature or unripe, as aforeſaid, the wiſh'd-for Impregnation muſt of Courſe be fruſtrated: Acting in this Manner, is like cutting down green Corn, and painfully threſhing out the unripe Grain, which tho' ſown in the very beſt Ground, would in vain be expected to vegetate or come to good.

Let ſuch therefore who are deſirous of vigorous and healthful Iſſue, or indeed of any Iſſue at all, avoid Coition, till by repeated Promptitude and ſtrong Deſire, either through natural Vigour, or by the Help of Medicine, or both, they are ſo much inclined to it as not eaſily to forbear, which then may be reaſonably expected to ſucceed to their Wiſh, eſpecially if the Women are agreeably diſpoſed alſo, and it happens at the moſt likely Time for their conceiving, namely, immediately after the *Menſes* ceaſe or are gone off, every Time they flow, as is mentioned in the former Chapter, Page 60 aforegoing.

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I think it needleſs to caution Gentlemen to forbear Coition with their Wives during the Time the *Menſes* flow, ſince it is ſo highly blameable, and abhorrent an Indecency, beſides its being ſtrictly forbid in *Holy Writ*, that no ſenſible Man would attempt it, nor any modeſt Woman aſſent to, or ſuffer it. However, if ſuch a Thing ſhould happen accidentally, thro' a Woman's being ſuddenly ſurpriz'd with 'em, unexpectedly and unknowingly, as ſometimes may happen; or ſhould the *Menſes* chance to return in an Inſtant after they were thought to be wholly gone off, as ſometimes they do; in either of theſe accidental Caſes, neither Man, nor Woman, need be over-anxious, or too much perplexed about it; becauſe, excepting the odious Indecency, no ill Conſequences can enſue, either to themſelves or to their Poſterity, notwithſtanding the vulgar Errors advanced to the contrary in ſome old Authors. I mention this purely to prevent Perſons from being too much troubled and greatly terrified with frightful Apprehenſions, upon ſuch an Accident happening, as I have known ſome to have been, to ſuch a Degree, as to deſtroy all Comfort of Mind, and thereby greatly injure their Health of Body.

And here it may not be amiſs to obviate another antient vulgar Error, which even to this Day much obtains amongſt Men of inferior Rank in Point of Knowledge, greatly to the Diſadvantage of the *Fair Sex*, namely, That in celebrating the Rites of Love, a Woman is too many for a Man, and capable of tiring him quite down: This ſilly Notion ſeems to infer, that Women are warmer in their Nature, or more deſirous than Men, which is abſolutely falſe in Fact; for as the *Female Sex* are of a finer Make, more tender Conſtitution, and much weaker in Body, (the natural Conſequence of their periodically loſing ſo much Blood) ſo they are of a much colder Temperature than Men, and of courſe much leſs inclin'd to Venery than the Male Sex are; nor are they able to bear Coition (to full Satisfaction) half ſo often as Men.

But this idle and moſt erroneous Notion takes its Riſe from this; that for the moſt Part, Men, heated by immoderate Deſire, ruſh into the Embraces of Women at once, without prior Endearments, and proper Dalliance to raiſe their Inclination alſo; and by that Means immediately conſummate, or finiſh their own Bliſs, when they have but even juſt rous'd up an Inclination or Deſire in their Paramours. By thus haſtily ruſhing into a Woman's Arms, a Man may enjoy her a great many Times, without her having, properly ſpeaking, enjoyed him once.

And as a Woman may, without being weaken'd, bear a frequent Repetition of ſuch imperfect Enjoyment, as it certainly

certainly muſt be on her Part, it occaſions Men, ignorant in ſuch Matters, to fall into the Error, or imbibe and propagate the falſe and abſurd Notion I have mentioned. A ſtrange Paradox this! That Coolneſs of Temperature, little Inclination, and Want of ardent Deſire, requiring very great Endearments to be ſufficiently rais'd, ſhould be ſo much miſtaken, as to be deemed quite the Reverſe!

WHEREAS nothing is more certain, than that if a Woman's Inclination or Deſire, was by prior Dalliance, and great Endearments rais'd to ſuch a Pitch, as that ſhe ſhould receive as full Enjoyment every Time her Huſband embraces her, as he himſelf does, ſhe would not be able to bear it; ſince it would weaken her to ſuch a Degree, that ſhe would ſoon be brought into a deplorable Conſumption, and in a ſhort Time be totally deſtroyed.

HAPPY therefore it is for the *Fair Sex*, in reſpect to their Health, that through Coolneſs of Conſtitution, and Slowneſs of Deſire, they do not receive that Completion, or Fulneſs of Satisfaction that Men do, every Time they admit of their Huſband's Careſſes; ſince if they did, it would ſoon reduce them to a moſt miſerable weak Condition, and quickly deprive them of Life.

A DIGRESSION,

Concerning the Method of begetting Sons rather than Daughters, or Daughters rather than Sons.

BEFORE I put an End to this Chapter, it may be proper to take Notice, that many Gentlemen and Ladies are much more deſirous of Sons than Daughters, more eſpecially where Eſtates depend upon Male Heirs; and that as this has ever been ſo, it has in former Times, as well as in the preſent Age, occaſioned the recommending of ſome very ridiculous Methods, in order to procure a Male rather than a Female Child.

BUT as nothing hitherto adviſed by Authors for that Purpoſe, can be reduced to any Manner of ſound Reaſon, all ſuch Methods, by judicious Perſons, are very juſtly deemed to merit nothing more than being contemn'd and laugh'd at, as founded upon falſe Philoſophy and idle Fictions, to which no Credit can be given.

NEVERTHELESS, there is one little Piece of Management, which it is averr'd will occaſion the Conception of a Male Child, that I will venture to mention, as it may be practiſed without the leaſt Trouble or Inconvenience, and cannot poſſibly be attended with any Manner of Injury or Diſadvantage whatever; and yet it is ſo very trifling in itſelf, and there is ſo very little if any Shew of Reaſon for it, that I

ſhould

ſhould not have troubled my Readers with it, had it not been atteſted by a very grave, ſober, ſenſible Man, whoſe Veracity I can depend upon, to have been experienced with the utmoſt Succeſs by himſelf, after having had ſeveral Daughters, but no Sons, and under ſome Uneaſineſs on that Account, as alſo by very many others to whom he communicated it, who every one of them, as well as himſelf, quickly begat a Son upon following it.

THE Method is this only, that on which Side of the Bed ſoever the Man has been accuſtom'd to lie by his Wife, he ſhould alter that Cuſtom, change Sides with her, or lie on the other or contrary Side, both of her and of the Bed, to that he had before uſed himſelf to; and alſo both Man and Womam to diſpoſe themſelves to Reſt on different Sides of their Bodies, than they were accuſtom'd to ſleep on before; and inſtead of uſing Coition at Night, or upon firſt going to Bed, to omit it till Morning two or three Hours before the Woman's riſing. And to continue this Method of lying on different Sides of the Bed, and ſleeping on different Sides of their Bodies to what they had before uſed themſelves to, conſtantly for ſeveral Months, or till the Woman has conceived; remembering always that whenever they uſe Coition, it be in a Morning about an Hour or two before the Woman's Riſing, and not at firſt going to Bed at Night.

THIS only is the Method ſo ſtrongly averred as aboveſaid to be ſucceſsful; but whether ſo ſmall an Alteration in uſual Cuſtom and Management, can poſſibly cauſe a Woman, who ever before conceived Females, to have a Male Child, as is ſo poſitively affirmed to have been ſo often undeniably experienced, without its ever once failing, I ſhall leave others to judge, whilſt I freely confeſs it to be too abſtruſe for my Underſtanding.

INDEED if we were to ſuppoſe either that the *Ova* or little Eggs in the *Ovarium* of a Woman on one Side, when impregnated by the *Effluvium* of the Male *Semen*, always produced Males, and thoſe in the *Ovarium* on the other Side, always Females; or that the *Semen* elaborated in one of the Man's Teſticles was appointed for the Generation of Sons only, and that in the other Teſticle only for Daughters; then from both or either of theſe Suppoſitions, (which tho' improbable, ſeem not altogether impoſſible) very ſtrong Reaſons might be aſſigned, why changing of Sides in Bed, and both Man and Woman lying and ſleeping on different Sides of their Bodies than they were before uſed to do, and uſing Coition in a Morning before Riſing inſtead of Night, or at their firſt going to Bed, ſhould occaſion the Generation of Males,

when

when by the contrary Manner of lying and managing they always, or ſeveral Years before, had propagated Females.

HOWEVER, whether both or either of theſe Suppoſitions may be allowed or diſallowed, thoſe Perſons who have had ſeveral Daughters and never a Son, may try this Method, be there any Thing in it, or not, ſince it can be attended with no poſſible Harm, and ſhould it prove ſucceſsful, they will have Reaſon to thank me for giving it Place, trifling as it may ſeem, in this Work: So alſo ſuch as have always propagated Males, and never had a Female Child, may likewiſe try this Alteration in their Manner of lying, if they are deſirous of having a Girl, ſince if it will anſwer in the former Caſe, I cannot ſee why it ſhould not in this latter.

I have juſt now hinted, that, tho' it is very improbable, yet it does not ſeem altogether impoſſible but that the *Semen* elaborated in one of the Teſticles may be appointed for the Generation of Sons only, and that in the other Teſticle only for Daughters; and this muſt have been the Notion of the Antients, when they adviſed a Ribbon or Fillet to be tied round one of the Teſticles of the Male Animal very tight during the Time of Coition, the Left Teſticle if they would have it beget a Male, the Right if a Female, to hinder its propagating the contrary Sex; but as this tying up one of the Teſticles, thro' the exceſſive Pain and Miſery it muſt neceſſarily occaſion, is altogether impracticable, ſo alſo were it practicable, it would be as ridiculouſly abſurd and inſignificant; ſince the *Semen* that is emitted in the Time of Coition does not immediately come from the Teſticles, but from the *Veſiculæ Seminales*, or Seed-Bladders, in which it has been lodged long before by ſlow Degrees, as it was gradually elaborated by the Teſticles, and conveyed from them by the *Vaſa Deferentia* to the ſaid Seed-Bladders; ſo that tho' the *Semen* ſeparated on one Side by the proper Organs or Veſſels, ſhould have been deſigned to generate Males only, and that ſeparated on the other Side only Females, yet the Contrivance of the Antients for cauſing one or the other only to be propagated, by tying one of the Teſticles pretty hard with a Ribbon, would be wholly inſignificant and uſeleſs, were it as practicable as indeed it is not. Yet this Advice, as abſurd as it is, was given by the great *Hippocrates!* But to end this Digreſſion and proceed.

IN the former Chapter I adviſed the Ladies, who had not for ſeveral Years, or perhaps never, conceived, to alter their wonted Cuſtom of lying and ſleeping in Bed; that is, that on which Side of their Bodies ſoever they had uſed themſelves to lie and ſleep, they ſhould change that Cuſtom, and for ſeveral Months at leaſt lie and diſpoſe themſelves to

reſt or ſleep in Bed on the other or contrary Side of their Bodies: And the very ſame Alteration would I adviſe ſuch Gentlemen to make in their uſual Manner of lying and ſleeping in Bed, who, without any manifeſt Cauſe, have for ſome Years failed of propagating their Species.

And my Reaſon for it is this: The *Semen* is ſeparated from the Blood by diſtinct and different ſpermatick Veſſels on each Side, the right and the left, which lead down to each diſtinct Teſticle, and from each Teſticle it is as diſtinctly carried, without being mixed together, by proper ſeparate Veſſels, into the *Veſiculæ Seminales* or Seed-bladders, on each Side one, and is there depoſited and kept, ſtill ſeparate, till Coition, and is never mix'd together, unleſs when ejaculated through the *Proſtatæ* it may unite in the *Urethra*, or Urinary Paſſage of the *Penis*, in the Time of Coition and very Inſtant of Emiſſion: This being ſo, we cannot be ſure but that the *Semen* ſeparated from the Blood by the ſpermatick Artery, elaborated in the Teſticle, and then lodged in the Seed-bladder of one Side, may be better, more in Quantity, and much more prolifick than what is ſo diſtinctly ſeparated, elaborated, and lodged by and in the ſpermatick Artery, Teſticle, and Seed-bladder on the other Side: Nor can we be ſure that the conſtantly lying and ſleeping in Bed on one Side, may not occaſion leſs *Semen*, or leſs prolifick *Semen*, to be ſeparated on one Side than on the other, and more in Proportion of unprolifick or effete *Semen* to be emitted in Coition, than of the other or more prolifick *Semen*. And therefore the changing of ſuch habitual Cuſtom of lying and ſleeping in Bed, and conſtantly lying and ſleeping on the other or contrary Side of the Body to that a Perſon had been before uſed to, for ſome Months together, may poſſibly occaſion a very great Alteration, and ſucceſsful Propagation of his Species.

What Man, unacquainted with Mathematick or Mechanick Powers, would believe, that the Strength of a ſingle Hair could be made to lift up a thouſand Weight, unleſs ſhew'd the Variety of Wheels and direct Method of its effecting ſuch a ſeeming Impoſſibility? So in the Mechaniſm of our Bodies, the firſt Springs and Powers being imperceptible, it is impoſſible for us to know with Certainty, of how great Conſequence the moſt minute and ſeemingly trifling Alteration in our uſual Habit or Manner of living and lying in Bed may be, eſpecially in reſpect to the Buſineſs of Generating our Species, (which, notwithſtanding all our Philoſophick Enquiries, muſt be owned to be ſtill very myſterious,) provided ſuch minute Alterations from our former Manner and Cuſtom be ſteadily perſiſted in, and conſtantly adhered to, for ſome Months together.

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I would adviſe Gentlemen, therefore, who are under ſuch Circumſtances as I have deſcribed, ſtrictly to obſerve the Rules I have given, and the Alteration I have mentioned, all which, together with taking and uſing the Medicines, as I have directed, which are replete with efficacious Energy, cannot fail, humanly ſpeaking, of being attended with happy Conſequences, and the utmoſt of their Wiſhes.

I could give various Examples of Gentlemen of Conſideration, who have been cured by the very Remedies I have adviſed, and that both of manifeſt *Imbecility*, and of *Infertility* or Incapacity of propagating their Species, through the unapparent Cauſe or effete Quality of the *Semen*, that I have treated of: But after giving one Inſtance only, I ſhall ſpare my Readers as well as myſelf any farther Trouble on this Subject.

A Gentleman of about thirty-two Years of Age, in very good Health and Vigour, who had been married near ſix Years, to a fine briſk Lady, about ſeven Years younger than himſelf, without having any Children, or ſo much as her once conceiving, applied to me for Advice; and ſuppoſing the Fault lay on his Spouſe's Side, altho' as likely to have Children as any Lady whatever, deſired I would preſcribe proper Remedies for her, acquainting me at the ſame Time that ſhe had been at the *Bath* and *Tunbridge* two or three Times, without finding any good Effect from the Waters of thoſe celebrated Places.

She was then in perfect Health, and I directed the Medicines I thought proper for her, which ſhe willingly took for a conſiderable while, being as deſirous of a Child as her Huſband was: At length the Gentleman complaining over a Glaſs of Wine, that the Remedies his Spouſe had taken proved ineffectual, I aſk'd him if he was ſure the Fault was not on his own Side: Upon which he told me, he was fully ſatisfied that no Man in *England* was capable of propagating his Species if he was not. I only anſwer'd, that it was not impoſſible his *Semen* might be infertile, ſince Experience had demonſtrated it reaſonable to believe it had been ſo, in many Men full as likely to beget Children as himſelf; and that if he would be adviſed by me, he ſhould go through a ſhort Courſe of proper Medicaments, that poſſibly might prove ſerviceable, at leaſt would be very far from being any way injurious, ſince they would be cordial and ſtrengthening, and at the ſame Time very agreeable to take. After conſidering of it for a few Minutes, he deſired I would preſcribe what Medicines I thought might be ſerviceable, and he would try them although he thought 'em needleſs.

And accordingly, I order'd him my *Prolifick Elixir* and *Powerful Confect*, both of 'em to be taken exactly as I have

directed in the former Chapter, and adviſed him to follow the Rules in reſpect to his Manner of Living and Managing, as ſet down in this Chapter: In about three Weeks Time he ſent for me again, and ſaid, he was weary of taking Remedies; for tho' they were pleaſant enough, and were very good and cordial, yet it ſeemed ridiculous to him for a Man in full Health, Strength, and Vigour as he was, to continue Medicines, that he alſo doubted would prove as unſucceſsful as thoſe his Spouſe had taken: Nevertheleſs I adviſed him, ſince he had taken them ſo long, to continue them at leaſt for a Week longer, which he might the eaſier comply with, ſince they neither hindered Time, or were unpleaſant to take, or occaſioned the leaſt Diſorder; but on the contrary were cordial to his Stomach, and tended to ſtrengthen his Nerves and revive his Spirits. He followed my Advice, and took them for ſome Time longer, and in about ſix or ſeven Weeks after, came with Pleaſure in his Countenance, and informed me he believed his Spouſe had conceived and was with Child; as indeed it proved, and they have now a fine Boy about Three Years old, and a Girl about ſixteen Months, to the great Joy and Satisfaction of both himſelf and his Lady.

THIS Inſtance alone is ſufficient to illuſtrate what I have advanced, and therefore with it I ſhall conclude this Chapter.

CHAP. III.

Of Miſcarriage *in* Women, *with* Directions *how to manage themſelves under that Misfortune, and how certainly to prevent it for the future.*

AS there is nothing more unpleaſing than to be diſappointed of expected and wiſh'd-for Iſſue through *Miſcarriage*, ſo nothing proves more dangerous to the Female Sex, than that great Misfortune; for it being unnatural, is always attended with ill Symptoms, and many Times proves much worſe than a regular Child-birth: And tho' a Woman recovers from the immediate Danger of loſing her Life by a *Miſcarriage*, yet if ſhe is frequently afflicted in the ſame Manner, it certainly ruins her Conſtitution, weakens the whole Body, brings on incurable Illneſſes, and neceſſarily ſhortens Life.

AND it is a Grievance that often becomes habitual to the *Fair Sex*, many Women miſcarrying five or ſix, and ſome ten or twelve times following one another, exactly at a certain Length of Time after Conception: Thus *Miſcarriage* happens to ſome always in the third Month of their going with Child; to others in the fourth, fifth, ſixth, ſeventh, or eighth, and then it is much more dangerous than in the firſt two or three Months.

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THE oftener a Woman has miſcarried, the more difficult will it be to cauſe her to retain the Fruit of her Womb the whole nine Months that Divine Providence has appointed for ripening a natural Birth; for when a Woman is accuſtomed to miſcarry, the Womb at the uſual Time endeavours with its utmoſt Efforts to eject its Burden.

MISCARRIAGE is commonly cauſed the firſt Time by a ſudden Fright, a violent Blow, a Fall, or Longing for Things ſeen without having them, either of which cauſes a Contraction of the Womb, and a kind of Convulſive Motion, ſo as to expel the *Fœtus*. In a Word, whatever irritates the Womb, and excites the Expulſive, and weakens the Retentive Faculty, procures *Miſcarriage*; ſo that a great Cold, immoderate Exerciſe, intemperate Eating, drinking too much Wine in the firſt Months, exceſſive Paſſion, either of Anger, Joy, Fear, Grief, *&c.* or Diſorder of the Kidneys, or of the Bowels, the Redundancy and Rarefaction of the Blood, Flagginеſs of the Womb, Loſs of Spirits through prodigious Bleedings, alſo vehement Coughing, Sneezing, or Vomiting, may occaſion this great Unhappineſs.

THE imminent Symptoms that threaten immediate *Miſcarriage*, are an Heavineſs and Weight about the Loins, a Bearing-down of the Womb, Pain of the Back, and Pains from the Navel downwards; alſo Trembling, Palpitation of the Heart, Shivering, Flagginеſs of the Breaſts, a Flux of Blood or Matter from the Womb, *&c.* all or any of which portend *Miſcarriage*.

IF there is Reaſon to believe, that the *Fœtus* is already ſeparated from the Womb, the Expulſion of it muſt not be hindered, but on the contrary be promoted as much as may be, by the Aſſiſtance of a ſkilful Midwife, or Phyſician practiſing Midwifery; and ſuch Remedies muſt be given as will haſten its Expulſion, and by their forcing Quality ſpeedily eaſe the Womb of its then dangerous Burden; for which End I recommend the following *Expulſive Mixture*, a Spoonful or two of which the Patient may take every now and then, firſt ſhaking the Bottle, and it will cauſe the Womb to expel the *Fœtus*, or Child, tho' Dead, with admirable and unexpected Eaſe.

No. 16. The Expulſive Mixture.

Take Bryony Water compound, and Dr. Stephens's *Water, of each half an Ounce; Penny-royal Water, an Ounce; Rue Water, an Ounce; Troches of Myrrh, a Scruple; Tincture of* Ruſſia *Caſtor, and Tincture of Saffron, of each half a Dram; Spirit of Salt Ammoniack, a Scruple; Salt of Amber, ten Grains; Chymical Oil of Anniſeeds, and of*

Camomile, (first mixt with a little fine Powder-Sugar) of each two Drops; of my forcing Salt, a Scruple; Syrup of Mugwort, half an Ounce; make a Mixture according to Art.

THIS *Expulsive Mixture* has excellent Effects in the aforementioned Case; and when by its Use, the Womb is discharg'd from its Burden, the Woman should be managed very carefully, and exactly as I have directed in the following Chapter after a regular Child-Birth; and this ought to be very well observed; for it is for Want of due Care and Conduct immediately after Miscarriage, that so many of the Female Sex suffer so grievously, and some lose their Lives, and occasions this almost proverbial Saying, that, *A Miscarriage is worse than a regular Lying-in*, as indeed it often proves; but that chiefly, if not solely, for Want of such due and proper Management, as I have directed in the following Chapter for Women regularly brought to Bed as aforesaid; which Management is equally necessary for Women after a Miscarriage.

BUT if the *Fœtus* or Child is not separated from the Womb, nor the Blood Vessels broke, nor any Flux of Blood from the Womb appears, then all possible Means must be used to confirm the Tone of the Ligaments, strengthen the Womb, and corroborate the *Fœtus*; for which Purpose such Medicines must be immediately given, as are Comforting, Balsamick, Sub-astringent, Temperate in respect to Heat, and that have Power to absorb all irritating or sharp Humours, which often cause a Contraction of the Womb, and an Expulsion of the *Fœtus*.

THEREFORE if a Woman has never Miscarried, but being with Child, is frightened, or receives a Blow, Fall, *&c.* so as to endanger a *Miscarriage*, I advise her instantly to drink a Glass or two of good strong Chest *Florence*, or *French* Claret, there being nothing better on these Occasions; for strong Red *Florence* or *French* Wine recovers and raises the Spirits depressed by Frights, *&c.* and at the same Time by its noble astringent Quality, strengthens the Womb and its Vessels; Burnt Claret may also be drank to good Effect: After which, if any Symptom of *Miscarrying* appears, the Patient should take from the Point of a Knife, the Quantity of a very large Nutmeg of my *Restraining Electuary*, prescribed for the immoderate Flux of the Courses in the second Chapter of *The Ladies Physical Directory*, Page 14, aforegoing, as soon as can be, and continue to take the same Quantity of it three Times every Day, *viz.* every Night and Morning, and at three or four o'Clock every Afternoon,

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till all Danger of *Miſcarrying* is over, minding to drink a Draught of the *Conſolidating Apozem*, or a Glaſs of Red *Florence* or *French* Wine, or other agreeable Liquor after each Doſe, ſuch as *Claret and Water, an equal Quantity of each, mixed together, and boiled with a little Cinnamon in it, till one third Part of the whole Liquor is waſted, and then ſweetened with treble-refined Loaf Sugar.* A Draught of this pleaſant Liquor being drank now and then Cold, together with taking the *Reſtraining Electuary* with the *Conſolidating Apozem*, as directed, will aſſuredly prevent *Miſcarriage*, eſpecially if ſhe indulges herſelf in Reſt and Eaſe, and lying pretty much in Bed, which is proper when *Miſcarriage* is threatened, obſerving at the ſame Time not to lie too hot, or with too many Bed-Clothes on.

But if the Patient has *Miſcarried* once, or ſeveral Times before, then it will be highly neceſſary for her to begin to take the *Reſtraining Electuary*, as before directed, for a Week or more, before the laſt or uſual Time of her *Miſcarrying*, and continue it till a Week or Fortnight after the Time ſhe moſt fears, tho' ſhe has no Symptoms of *Miſcarrying*, by which Means ſhe will certainly prevent that Misfortune, tho' ſhe has miſcarried many Times before.

For it powerfully corroborates the Womb and its Veſſels, confirms and eſtabliſhes the Tone of the Filaments that keep the *Placenta* fixed to the Womb, and ſtrengthens the *Fœtus* more than can be expreſſed; it alſo comforts the Stomach and Bowels, abſorbs all acrid or ſharp Humours, and fortifies the Spirits exceedingly: Therefore the longer it is taken, during a Woman is with Child, the more ſecure will ſhe be of going out her whole Time with Safety, Eaſe, and Health; yet about the laſt Month of her Time, if no Danger of *Miſcarrying* appears, it will be proper for her to omit taking it, and inſtead thereof, in order to prevent a hard Labour, or cauſe an eaſy Delivery, to take the Oily Liquor I have directed how to be made in the following Chapter, Page 83, every Night and Morning exactly as is there adviſed.

Before I cloſe this Chapter on *Miſcarriage*, it will be farther neceſſary to obſerve, that if the Patient, during the Time of taking the *Reſtraining Electuary* to prevent her *Miſcarrying*, ſhould happen to be Coſtive, or very hard Bound, then it may be proper for her to take ſome very gentle Medicine, juſt to looſen her Belly now and then, as ſhe finds occaſion; for which Purpoſe, a ſmall Doſe of my *Laxative Electuary* preſcrib'd in the ſecond Chapter of the *Ladies Phyſical Directory*, Page 14. aforegoing, being taken exactly as is there directed, will prove very ſerviceable.

IF the Symptoms of *Miſcarriage* are occaſioned by Longing for Things ſeen, *&c.* whatever they be, they ought immediately to be procured, if poſſible.

AND if the Patient is of a Sanguine Complexion, and full of Blood, it will not be amiſs for her, when *Miſcarriage* is threatened, to be preſently blooded to the Quantity of eight Ounces.

THUS I have given all the neceſſary Directions concerning *Miſcarriage*, *&c.* which being duly followed, will certainly have the deſired Effect; as the great Number of Women I have cured of the Habit of *Miſcarrying*, by the Method herein ſet down, evinces.

ABOUT two Years ago, a Gentlewoman near thirty Years of Age came to me, much afflicted, having miſcarried ten times before, and always about the third Month; ſhe was very deſirous to be cured of that Faculty, and was then about nine or ten Weeks gone with Child, and began to have ſome Symptoms of an approaching *Miſcarriage*; I therefore ordered her to take my *Reſtraining Electuary*, as I have directed in this Chapter, and to continue it conſtantly for ſix Weeks at leaſt, which ſhe did, and without taking any other Medicine ſhe was cured, went out her whole Time, and brought into the World a healthy Boy; and ſo compleat was the Cure, that ſince that, ſhe has had another Child, without taking any Medicines, or having the leaſt Sign or Fear of *Miſcarriage*.

CHAP. IV.

Of the Signs *of* Conception, *with* Directions *to the* Fair Sex *how to conduct themſelves during their* Pregnancy: *How to cauſe* eaſy Delivery *in* Child-Birth, *and effectually to take off* After-Pains: *Alſo how to rectify the* Diſorders *of the* Lochia, *or* Child-Bed Purgations; *with ample* Inſtructions *to* Midwives *and* Nurſes *how to treat or manage their* Child-bed Women.

THE Signs of Impregnation, or Conception, are generally, or for the moſt Part, an intire Stoppage of the Courſes, Loſs of Appetite, or at leaſt a depraved one, frequent Vomiting, Swelling of the Breaſts, and Pain in the Nipples; which Symptoms are ſucceeded by a gradual Swelling of the Belly; and about the ſixteenth Week after Conception, in ſome ſooner, in others later, the Infant begins to ſtir, or the Woman becomes quick with Child, the Motion of which is at firſt but obſcure or ſmall, almoſt like a Pulſation,

Pulsation, but daily becomes greater, and more frequent, as the Infant grows larger, and increases in Strength.

These are the usual and most certain Signs of Conception or Pregnancy, but are not always infallible, the greatest Part of them having now and then proved to be Symptoms of Indisposition only; insomuch, that some few Women have imagined themselves quick with Child, occasioned by some little convulsive Motions in their Bowels, the other Signs of Conception and Pregnancy concurring also to their Deception, and have so continued to believe themselves with Child, and have prepared accordingly, till the Time of their expected Delivery being fully elapsed, they have to their Sorrow found the Mistake, not only of themselves, but of their Midwives, Nurses, and all about them. However, these Mistakes do but seldom happen, and when they do, it is for the most Part in Women who are upwards of forty Years of Age.

On the contrary, some of the Fair Sex conceive and are pregnant, without their knowing or believing it, till almost the Time of their being delivered, occasion'd by their finding little or no Alteration in themselves, and having their Courses continue as usual, for three, four, or five Months of their Pregnancy, and sometimes longer: In a Word, some Women breed with much Sickness and Uneasiness, and others without any at all, but are better in Health, brisker, and have a greater Appetite to Food, and better Digestion than before they conceived.

And as the Signs of a Woman's having conceived at all, are sometimes thus fallible or uncertain, so those said to distinguish which Sex she is pregnant with, after she has conceived, are much more fallacious, or rather intirely so, being indeed only idle Dreams and mere random Guesses, not worth farther enlarging upon.

As to Diet, pregnant Women ought to be very careful concerning it, and observe to eat nothing but what is of very easy Digestion; except now and then strong Inclination, or Longing for any particular Food, should render it necessary to deviate from this general Rule.

During a Woman's being with Child, her Mind ought also to be kept very tranquil and easy, and all sudden and inordinate Passions of any Kind should be forborn; she should be careful also as much as possible to avoid every Thing that may be liable to startle, surprise, or frighten her.

In respect to Exercise, too much, especially all violent Exercise, must be absolutely forborn, during the whole Time of her Pregnancy; and here it may be proper to take notice of a pernicious Practice, advised by some ignorant Midwives,

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in order to its being religiouſly avoided for the future, and that is their directing their Women, when near their Time of Lying-in, to dance, be joulted in a Coach, or uſe ſome boiſterous Exerciſe, in order as they ſay, to make the Child fall the lower, and haſten Delivery; but following this evil Counſel, has occaſioned the Deſtruction of many Women and their Infants, who have miſerably periſhed by ſuch imprudent Practice.

FOR any conſiderable Exerciſe, more than gently walking about Houſe, or in a Garden, in the latter Months of a Woman's Pregnancy, endangers the Child's being wrong turn'd in the Womb; whence a difficult Labour and Loſs of both Mother and Child often enſue: Not one in twenty of the Infants that preſent wrong, but were ill-turned thro' ſome violent Exerciſe or other.

THEREFORE, I would with great Earneſtneſs adviſe all thoſe who value their Infants Lives and their own, to indulge themſelves as much as they conveniently can, the whole Time of their being with Child, in all the Reſt, Eaſe, and Quiet poſſible, (except walking gently, or being carried in a Chair, which is better than conſtantly ſitting, or too much lying down) but more eſpecially in the latter Months, when they ought to uſe no other Exerciſe whatever, beſides very gently moving about Houſe, or but a very little Way, and that very carefully, out of it, if out of it they muſt go.

FOR as to cauſing the Infant to fall low, as is pretended, by joulting in a Coach, Dancing, Jumping, or any other hard Exerciſe, there is really nothing in it beſides the Miſchiefs before-mentioned: The well-turning of the Child, and its falling lower in the Belly, ought to be left wholly to Nature, it being her own proper Work, and in due Time always beſt ſucceeds, when ſhe is undiſturbed by violent Exerciſe, or any Paſſion of the Mind, and then a kindly Labour and eaſy Delivery will be moſt likely to follow.

PREGNANT Women ſhould be alſo careful during their whole Time, not to be ſtrait-laced, but to allow the Fruit of their Womb all the Room upwards that is poſſible; and if a quilted Waiſtcoat is worn inſtead of Stays, it will be the better for themſelves and their Infants.

SHOULD it be objected againſt the Eaſe and Reſt I have adviſed to pregnant Ladies, that many poor Women are obliged to uſe a great deal of Exerciſe, and walk much about the Streets to get their daily Suſtenance, whilſt they are with Child, and yet do as well and have as kindly Labours as thoſe who indulge themſelves in Reſt and Quiet, it may be anſwered, that what thro' abſolute Neceſſity cannot be avoided, muſt be complied with, and that Providence is often very

kind

kind to ſuch poor Wretches, in preſerving them from the many Dangers they are obliged to expoſe themſelves to; but that is no Reaſon for others to run the ſame Risk, who are not of Neceſſity obliged to it.

Besides, the pooreſt People during their Pregnancy, in the latter Months eſpecially, do generally ſpare themſelves as much as poſſibly they can, and are a great deal more careful of what Exerciſe they then uſe, than when they are not with Child; and this more than ordinary Care at ſuch Times in them, may probably make as much Difference in regard to their accuſtomed Exerciſe at other Times, as the Reſt, Eaſe, and Quiet I have adviſed Perſons of good Fortune to indulge themſelves in, during their Pregnancy, amounts to, in reſpect to their uſual Way of Living at other Times, when commonly too little Exerciſe is by them uſed.

It muſt be added alſo againſt the Objection above, that we frequently find ſeveral of thoſe poor Creatures do meet with very ſad Accidents, ſuch as Miſcarriages, difficult Labours, wrong-turned and ſtill-born Infants, and ſometimes certain Death to themſelves, by the laborious Exerciſe and great Fatigue they have been forced to undergo, in order to procure themſelves Bread. But to end this Article and proceed.

When by due Care in reſpect to Diet, the Paſſions of the Mind, and Exerciſe of Body, the Fair Sex proceed regularly in their Pregnancy, then the better to prevent a ſlow or hard Labour, it may be proper for all Women with Child, who are not threatened with a Miſcarriage, for about a Month before their Reckoning is up, to take every Night going to Bed, and firſt every Morning, three or four Spoonfuls, or a ſmall Tea-Cup-full of the following Cordial Oily Liquor, ſhaking the Bottle very well juſt before pouring it out, and minding not to drink any thing elſe for an Hour at leaſt, before or after taking it.

The Oily Liquor may be eaſily made by Women themſelves, or their Servants, thus: *Take Syrup of Marſh-Mallows, the fineſt* Florence *eating Oil, and the beſt White Wine, of each half a Pint: Mix them in a Bottle, ſhaking them very well together, and keep it cloſe ſtopp'd for Uſe.*

This Cordial Oily Liquor, about twenty Years ago, I communicated to ſome few Midwives, and find it is of late Years come very much in Uſe, it being now frequently adviſed by ſkilful Perſons of that Profeſſion to their Women, and is really very beneficial in preventing a hard Labour, if taken Night and Morning for a Month together before the Time of Delivery, as above directed; provided always that it agrees with the Stomach and Bowels, as in moſt Perſons it will, and occaſions no Manner of Diſorder.

For by its being conſtantly taken by big-bellied Women, for about thirty Days before their Reckoning is out, it renders the Fibres, conſtituting the Veſſels of the whole Body, leſt tenſe, rigid, or ſtiff, and repleniſhes them with oleaginous and ſlippery Particles, by which the Veſſels are capable of greater Relaxation, and all the Parts do, with leſs Pain, more eaſily extend or give Way upon the great Occaſion of Child-Birth.

Bleeding alſo in the Arm to the Quantity of eight Ounces, about four or five Weeks before the Labour is expected, more eſpecially if the Woman finds herſelf hot, uneaſy and full of Blood, or is troubled, as many are, with great Itching in the Arms or other Parts, may prove of very great Service, contribute to procure her an eaſy and quick future Labour, and make her leſs liable to Flooding.

But when an hard Labour does happen, recourſe ſhould preſently be had to my *Expulſive Mixture*, preſcribed in the former Chapter, Page 77, a Spoonful or two of which, firſt ſhaking the Bottle, being taken now and then, eſpecially when the Pains relent, or are weak, brings them on kindly, and will effectually cauſe an eaſy and ſpeedy Delivery.

The *Expulſive Mixture* is truly the moſt proper Medicine in the World to remedy a hard and ſlow Labour; for it is not only powerfully forcing, but alſo refreſhes and comforts the Woman, ſtrengthens the Child, and diſpoſes the Womb to expel its Burden, both Birth and After-Birth, with Eaſe and Safety, provided the Child is in a right Poſture, and fit to be expelled, which an ingenious Midwife may eaſily know by the Touch; for if it be not, that and all other forcing Medicines will do more Hurt than Good, and prove dangerous, and therefore muſt be avoided, till by the Hand of a ſkilful Midwife the Birth is made to preſent right, and every Thing is ready, and then the *Expulſive Mixture* being given as before directed, will ſoon diſplay its Efficacy, and ſpeedily cauſe an happy Delivery.

And when the Woman is ſafely deliver'd, then, as ſoon as conveniently can be, let the following *Cordial Bolus* be given her, and be repeated every Night and Morning for a Day or two; but if ſhe ſhould be feveriſh, let it be given her oftener, namely, every ſix Hours. *It is thus made*, and three or four of them may be preſently had at any Apothecary's:

Take of the beſt Engliſh *Saffron, five Grains; Sperma Ceti, and* Gaſcoign's *Powder, of each one Scruple; and with a ſufficient Quantity of the Confection of Chermes Berries, without the Scents, make a Bolus according to Art.*

And

And after each *Bolus* let the Child-Bed Woman drink a Glaſs, or three or four Spoonfuls of *Penny-Royal Water*, and about a Spoonful of *Compound Bryony Water*, commonly called *Hyſterick Water*, mixed together and ſweetened with a little of the fineſt Loaf-Sugar.

These two Waters the prudent Nurſe ſhould always have by her, ſeparate, and in Readineſs to give her Miſtreſs a Glaſs now and then as a Cordial-Draught, made either ſtronger or weaker, by mixing a little more or a little leſs of the *Hyſterick Water* with the *Penny-Royal Water*, as ſhe finds neceſſary. If the Child-Bed Woman is weak, faint, and low-ſpirited, without being feveriſh, then one large Spoonful of *Hyſterick Water* may be mix'd with three Spoonfuls of *Penny-Royal Water*, and be ſweetened for a ſmall Draught; but if ſhe is feveriſh, then half a Spoonful of *Hyſterick Water* mix'd with three or four Spoonfuls of *Penny-Royal Water* ſweeten'd with Sugar, will be ſtrong enough for a ſmall Cordial Draught, to be taken now and then as Occaſion may require, in order to raiſe her Spirits and promote her Cleanſings. But in Caſe of great Faintneſs, Vapours, or Want of Spirits, ten or twelve Drops of Spirit of Hartſhorn may be given in one of theſe Draughts, or even in a little *Penny-Royal Water* alone, as may be deem'd moſt convenient.

In a little Time after the Woman is laid, the Nurſe ſhould alſo apply Plaiſters to her Breaſts, to prevent or remove the Hardneſs, Tenſion, or ſtretching Kind of ſevere Pain the Child-Bed Woman feels in them; for which Purpoſe there is nothing better than the following, which the Nurſe may eaſily make herſelf thus:

Take of Bees-Wax, four Ounces; Sperma Ceti, two Ounces; fine Florence *Oil, two Ounces and half; of new-churn'd and unſalted Butter, three Ounces; melt them together in a little Pipkin over a gentle Fire, ſtirring them all the while; and as ſoon as the Wax is intirely melted, remove the Pipkin from the Fire, but keep ſtirring the Mixture in it till it is cold, and then ſpread ſome of it upon two Pieces of Linnen Cloth, each of them large enough for one Breaſt; and then cutting a Hole in the Middle of each of them, large enough for the Nipple to come through, apply them, being firſt warmed, to the Breaſts; and they will ſoon mollify, ſupple, and give Eaſe, and effectually prevent the Milk from curdling, and the Breaſt from knotting.*

And the better to remove the hard Swelling and grievous Pain, the Child-Bed Woman's Breaſts ſhould alſo be well drawn, twice at leaſt every Day, either by a grown Perſon

uſed

uſed to it, or by a hearty ſucking Child three or four Months old.

THE Child-Bed Woman may likewiſe have a *Galbanum Plaiſter* applied to her Belly, with a Bit of dry Cotton in the Middle of it, to go againſt the Navel, which Plaiſter may be quickly had at any Apothecary's.

BUT if the Child-Bed Woman ſhould be exceedingly afflicted with *After Pains*, which are occaſioned by Convulſive Throws of the *Uterus* or Womb, and do often give a Check to the Flowing of the *Lochia*, then it will be proper for her, beſides taking the *Bolus* before adviſed, to take two or three Spoonfuls *of my Hyſterick Cordial*, preſcribed for the great Pain and Uneaſineſs many Women endure, juſt upon the coming down of their Courſes every Time they flow, in the 3d Chapter of the *Ladies Phyſical Directory*, Page 20 aforegoing; repeating it exactly, or in the very ſame Manner, as is there directed, till Eaſe and Reſt is obtained, but no longer; and in this Manner it may be taken every other Day towards the Evening; or if the Pains are exceſſive, and the Patient very reſtleſs, every Evening for two or three Days, as the ſkilful Midwife may judge needful, by which Means thoſe grievous *After-Pains* will be effectually taken off, and the Patient be brought into good Order: For the *Hyſterick Cordial* not only gives preſent Eaſe, and occaſions pleaſant Reſt and ſweet Sleep, but alſo promotes the *Lochia* or Child-bed Purgations at the ſame Time, and cauſes them to flow regularly and freely.

WHEN the *Lochia* or Child-bed Purgations are regular, pure Blood flows copiouſly for the firſt three Days after Child-Birth; then a Kind of watery thin Blood, almoſt like Water wherein Fleſh has been waſhed, (commonly called by Nurſes the Green Water) for the four next following Days; and afterwards a viſcous or thick and clammy Matter, with very little if any Blood intermixed, for about ſix Days more; and ſo on, but without any Streaks of Blood in it, till towards the End of the Month.

BUT if it ſhould be found in a Day or two after Delivery, notwithſtanding all hitherto adviſed has been ſtrictly purſued, that the *Lochia*, or Child-bed Purgations do not flow ſufficiently, or are nearly ſtopped; then let the Child-bed Woman omit taking the foregoing *Cordial Bolus*, but take the following *Aperitive* or more *Forcing Bolus* in its Stead, and repeat it every ſix Hours in the ſame Manner as I adviſed the former to be taken. *It is made thus*, and three or four of 'em may alſo be immediately had at any Apothecary's.

Take

Take Troches of Myrrh, and Sperma Ceti, of each one Scruple; Syrup of Mugwort, a ſufficient Quantity. Mix and make a Bolus.

THIS *Aperitive* or *Forcing Bolus* being taken and repeated as directed every ſix Hours, and a Spoonful or two of my *Expulſive Mixture* after it, will prove exceeding ſerviceable, and cauſe the *Lochia*, or Child-bed Purgations to flow freely.

BUT if *After-Pains* moleſt her alſo, then beſides taking the *Forcing Bolus*, and a Spoonful or two of my *Expulſive Mixture* after it every ſix Hours, ſhe ſhould likewiſe take every Evening, about the uſual Hour of her going to Reſt, three or four Spoonfuls of my *Hyſterick Cordial*, or ſo much of it, in the Manner adviſed in Page 20 of *The Ladies Phyſical Directory* aforegoing, as will procure Eaſe, Reſt, and ſweet Sleep; by which the Child-bed Purgations will alſo be very much promoted.

AND the better to promote this Flux, the kindly Warmth of the Bed, and lying quiet and ſtill in it, is of great Service; therefore I would earneſtly adviſe all Child-bed Women, not to riſe from Bed or ſit up too ſoon after Delivery.

Too many imprudent Midwives, either to ſhew how well they have performed their Office, or thro' ſome other falſe Notion, often adviſe their Women to riſe in a very few Days after they have been delivered, and to ſit up for ſome Time; by which it frequently happens, to weakly Women eſpecially, that they are immediately ſeized with ſome Hyſterick Diſorder, the very Motion of getting out of Bed, and into it again, greatly contributing, and the *Lochia* or Child-bed Purgations are preſently leſſened, and ſoon after totally ſtopt, ſo as ſcarcely to be brought to flow again by any Art or Means, whence Fevers, Frenſies, and Convulſions are occaſioned, Life imminently endangered, and oftentimes ſuddenly loſt.

AND if they do not loſe their Lives, by the Illneſſes occaſioned by this too ſoon riſing from Bed and ſitting up, which really occaſions the Death of moſt of the Women who die in Child-bed, yet they are afterwards afflicted with the higheſt Degree of the Hyſterick Diſeaſe, from which they are ſeldom intirely freed, but are tormented with it more or leſs for their whole Time: And it is commonly found, that thoſe Women who happen to have their *Lochia* or Child-bed Purgations untimely ſtopped, either thro' Riſing from Bed and ſetting up too ſoon after Delivery, which is the moſt uſual Cauſe, or by taking Cold, or any other Accident in their Lying-in, are more or leſs diſturbed in their Heads by Fits for ever after.

LET

Let those therefore who value their Lives, and regard their future Health, more especially if they are of a weakly Constitution, and subject to the Vapours, be sure to lie in Bed, and not rise and sit up, till the tenth Day at least after Delivery: Should they be tired of their Bed, or seem faintish by lying so long, they may sit up in it a little, to refresh themselves; but that with great Caution also, and taking care to keep themselves very warm at the same Time, but by no Means to rise wholly from it, or to let their lower Parts suffer any Sense of Cold, or feel the least Breath of cool Air.

Those Midwives, Nurses, and Child-bed Women who are wise, will observe this Advice, and take care that it is followed: Those who are not, will still run the Risk of the dreadful Consequences I have mentioned.

But if the *Lochia*, or Child-bed Purgations, instead of flowing too sparingly should flow too much, and in such a large Quantity as to endanger Swooning, Loss of Strength, and Convulsions, so as to make it necessary to restrain the Flux, which when excessive is called Flooding, then the Quantity of a very large Nutmeg of my *Restraining Electuary*, prescribed in the *Ladies Physical Directory* Page 14, aforegoing, being taken every Night and Morning, and at four or five o'Clock every Afternoon, drinking a Draught of the *Consolidating Apozem* after each Dose, and also now and then as a Cordial, a Draught of Claret and Water boiled together, as in the Chapter to prevent Miscarriage, Page 79, is directed, will prove the best Means to relieve her, and probably do infinite Good: But if the Flux should not soon abate, and it is suspected that some Part of the After-burden is left behind, in the Womb, or some other Matter retain'd in it that should have been expelled, which often occasions Flooding, then it will be necessary to send instantly for a Physician practising Midwifery, in order to extract it, if the Midwife has not Skill, good Judgment, and Courage enough to attempt it herself; for in this Case no Time ought to be lost.

And here I would advise every Midwife, who values her Reputation, to give strict Order, as soon as she has laid her Woman, that the After-birth may be carefully preserved for the first twenty-four Hours at least, and not be made away with, or destroyed instantly, as I have known to be done, that so the Nurse, the Woman herself, her Friends, and all about her, as well as those who thro' Necessity may be afterwards call'd in to her Assistance, may have the Opportunity to see that the Midwife has well performed her Office, -- to see that the *Placenta*, or Cake, is whole, and may be sure

ſure that no Part of it, or of the Skirt, is left in the Womb to occaſion, as it always does, bad Symptoms. This will be a Satisfaction to all the Child-bed Woman's Friends, as well as a Juſtification of the Midwife, whatever ſhould afterwards happen; and therefore it is highly neceſſary that a ſtrict Charge ſhould be given by the Child-bed Woman herſelf, her Friends, and all about her, that the After-burden ſhould be preſerved for the careful and repeated Inſpection, by Day-light, of all whom it may any ways concern, in order to be aſſur'd that no Part of it remains behind.

But Flooding has happen'd to ſome few Women whilſt they have been in Labour, occaſioned by the *Placenta*, or After-burden being ſeparated from the Bottom of the Womb, through ſome Accident or other, before the Birth of the Infant. When Flooding happens in this Manner, the Woman muſt be immediately delivered, either by a very ſkilful Midwife, or a judicious Man practiſing Midwifery; for till the Infant is born, and the Womb freed from its then dangerous Burden, exceſſive Flooding will not ceaſe, except with the Woman's Life; but being ſafely deliver'd of both Birth and After-birth, the exceſſive Flux or Flooding for the moſt Part ceaſes of itſelf.

I ſhall conclude this Chapter with adviſing all Women, altho' they have had a very good Time, and no conſiderable Diſorder during the whole Month of their Lying-in, not to be too forward in going abroad, or expoſing themſelves to the open Air; they had much better keep the Houſe a Week too long than go out one Day too ſoon, leaſt Rheumatick Pains, a Fever, or other Illneſs ſhould be the Conſequence.

Note, The Directions I have given for the Management of Child-bed Women, who have gone out their whole Time, ought to be duly obſerved by thoſe who have miſcarried, or have been delivered before their Time, in every Particular as may be found requiſite.

CHAP. V.

Of the Management *of* Infants *in the* Month, *and the beſt* Method *of* Preſerving their Lives; *with a* Diſſertation *concerning* Suckling of Children, *and* Bringing them up by Hand.

HAVING in the *Ladies Phyſical Directory*, and in the firſt, third, and fourth Chapters of this *Practical Diſcourſe*, inſtructed the Fair Sex how to cure their ſeveral *Indiſpoſitions*, remedy *Barrenneſs*, promote *Conception*, prevent *Miſcarriage*, and how to conduct themſelves during their *Pregnancy*, to the *Birth* of their *Infants*, and whilſt in

Child-bed, I ſhall in this Fifth or Laſt Chapter, ſhew the beſt and moſt effectual *Method* of *Preſerving* an *Infant's Life*; and in order to it, muſt take notice of an Error in managing the new-born Babe, which too much prevails of late Years, and has deprived many a Family of an Heir.

And this Error deſerves the more to be taken notice of, becauſe it obtains much more among People of Conſideration, than it does among the meaner Sort.

Some Ages ago, Women thought they could not keep their new-born Infants too warm, even in the hotteſt Seaſon of the Year; and ſo careful were they to guard againſt the open Air, that they would ſcarcely let any Part of their Infants Faces be uncover'd, nor ſuffer 'em ſo much as to ſee the Light for ſeveral Days: But this Way of managing new-born Babes was undoubtedly erroneous, and therefore juſtly left off by modern Nurſes; and it could be wiſh'd they had not run into an Extreme the other Way, of keeping new-born Children too cool; but this is certainly the Caſe at this Day, and, what is much to be lamented, is moſtly practiſed by the moſt expert and otherwiſe ſkilful Nurſes; ſo much does Faſhion get the better of Reaſon and ſound Judgment, to the Deſtruction of vaſt Numbers of thoſe tender Infants!

The old Method of keeping them too hot, and excluding them from the Light, was ridiculous enough, and fit only to be laugh'd at; but then it was attended with no eſſential Injury endangering Life; whereas by the modern Way of keeping them too cool, it often happens, that in a Day or two after they are born, and when nothing ſeems to ail them, they are ſuddenly ſnatched away in an Hour's Time, to the irreparable Loſs perhaps of the Family.

And then truly it was taken off by a ſudden Convulſion Fit, occaſioned by the breaking of ſome inward Impoſthume in the Head or elſewhere (according to the Common-place Cant of Nurſes, and poſſibly their real whimſical Belief alſo) that could no way be prevented or help'd, and ſo the diſconſolate Parents muſt reſt ſatisfied: When in reality it was only cramp'd and convuls'd by Cold, which, its tender Nerves being unable to bear, occaſioned an univerſal Contraction of them, and of Courſe a ſudden and irretrievable Stop to the Circulation of the Purple Fluid, and to all vital Motion.

But to be more particular, what I principally mean by keeping a new-born Infant too cool, is chiefly during the Time it ſleeps or ſhould ſleep; for modern Nurſes who attend Perſons of Fortune and Diſtinction, giving into new Modes, and being conceited in their own Way, under Pretence of taking great Care of the Child-bed Woman, will not ſuffer the Infant to lie in the Bed with its Mother, leſt ſhe ſhould

be

be disturbed by it, but make it a little Bed by itself, on Chairs or some such like Contrivance, with a slight Covering; whence the Child sleeping, and being deprived of the kindly Heat it would have received by its Mother's Side, and having only its own slender Warmth to support it, is suddenly numb'd, cramp'd, convuls'd, and depriv'd of Life as aforesaid, unless it happens to be of a Nature stronger than ordinary.

For this must be allow'd, that as some few Infants are so very weak, that the best Management cannot preserve their Lives, so some few also are so strong, that bad Usage can scarcely destroy them; yet as this Strength of Nature cannot be absolutely known, but by its Consequence, many Children seemingly strong, proving otherwise, every one must allow, it is very dangerous to trust even the strongest Infant to any ill Management at all.

Life is but very slightly fix'd in an Infant in the Month; and Warmth, the additional Warmth of the Mother's Bed, whilst it sleeps, is as essentially necessary to its Preservation as its Food and its Cloathing; its own Warmth being very seldom sufficient.

Nature, throughout most Part of the Animal Creation, is uniform in her Ways, and by Instinct directs all Creatures to the best Methods of preserving their Young: We see the hardiest Animals, and such as can endure the severest Cold without Shelter, as Birds and Beasts, always keep their Young exceedingly warm till they are able to make use of their Wings or their Legs, and that much warmer, in Proportion to their Nature, than we do our Infants; from them therefore, the Lesson I have inculcated of keeping the Infant warm by its Mother's Side, may be strengthen'd and confirm'd.

The Pretence of its disturbing the Mother, except in some extraordinary Case, or grievous Illness, that does not happen to one Child-bed Woman in an hundred, is very ridiculous, since every affectionate Mother is desirous of having her Infant lie by her, is better pleased, easier in her Mind, and consequently less disturb'd when it does so, than when it lies from her; which last occasions her to be anxious or uneasy in her Mind, as well she may, concerning its Health and Welfare.

Nurses often say, the keeping an Infant too warm in the Month, may endanger its getting cold afterwards, when it is carried about House; but is it not more reasonable to believe, that there is more Danger of its being hurt by the Cold soon after it comes out of its Mother's Womb into the cool Air, when it is also in its weakest Condition, than it is after it has gained some Strength by a Month's good and careful Management of it?

Is it not certain, that the Difference between the Warmth of the Mother's Chamber and other Parts of the Houſe, cannot be ſo great as the Difference between the Heat of the Mother's Belly and the Air of any Chamber, how warm ſoever it is, muſt neceſſarily be?

THIS pretended Danger therefore, of its getting Cold after the Month, is but trifling, and may very eaſily be guarded againſt, by being careful to keep it covered with a Mantle when it is firſt carried to other Parts of the Houſe, after the Month, and ſo accuſtom it to the open Air by Degrees; whereas keeping it too cool in the Month, manifeſtly endangers its ſudden Death, as before ſet forth.

LET all affectionate Child-bed Women therefore, as they tender and would preſerve their Infants Lives, over-rule their too officious and opinionative Nurſes in this Particular, if ſuch they happen to meet with, how good and ſkilful ſoever they may be in other Reſpects; and if poſſible, let their dear tender Infants in the Month, ſleep by them in the ſame Bed, and when taken from it be carefully wrapped up, Head and all, in a Mantle over their other Coverings, and ſo be carried to the Fire-Side, and that in the warmeſt Weather; for this Warmth in the Month, as aforeſaid, is abſolutely neceſſary for them; nouriſhes, ſtrengthens them, and tends to preſerve their Lives, full as much as the Food they eat, if not more; and this unerring Experience demonſtrates. The cool Way above cenſur'd, and that only, I have ſeen and known to be the Death of many Infants, which is the true and only Reaſon of my adviſing thus againſt it.

AND if keeping them too cool ſhould not happen to cauſe inſtant Death, as it frequently does, yet it often throws them into violent Gripes and Looſeneſſes, which quickly carry them off, and which indeed Infants are exceedingly liable to, even when managed the beſt Way, and the moſt carefully imaginable.

I am inform'd that in *Switzerland*, *Germany*, and moſt other Parts of *Europe*, Infants are not near ſo liable to the Gripes and Looſeneſſes as with us in *England*: Foreigners of good Note and Judgment aſſert, that this is owing to the Difference there is between the Food uſually given to our young Infants, and that given to thoſe abroad; they ſay that Infants Victuals or Pap here in *England*, being for the moſt Part made with Bread fermented with Yeſt, and ſeaſoned with Salt, creates that Sharpneſs and Sourneſs in the Stomach and Bowels, that occaſion thoſe Gripes, Looſeneſſes, and green Purgings, which ſo grievouſly torture our Infants, and carry off ſuch great Numbers of them.

WHEREAS the Victuals or Pap given to young Infants in foreign Parts, being made with well-dried or baked Flower or Meal, does not ferment or turn ſour in the Stomach and Bowels

Bowels of their Infants, who are therefore abundantly more free from Gripes and Looſeneſſes than ours are.

And indeed nothing can be more true, than that the leſs of any fermented Food or fermented Liquors, of any Kind whatever, there is given to young Infants, the better it will be for them, ſince their tender Stomachs and Bowels are ſoon irritated by any Sort of Nutriment, whoſe Particles have a Tendency to ferment, or to become ſour, ſharp, or pungent, and thereby greatly injure thoſe tender Babes.

If therefore the Pap or Panada with which young Infants are fed, was made with Flower or Meal, firſt exceedingly well dried or baked in an Oven, inſtead of Bread, it would certainly be an Advantage to them. But if the Flower is not firſt exceedingly well-dried or baked in an Oven, it will be apt to breed Crudities, and by that Means prove hurtful.

But there are very white Sea Biſcuits made with the fineſt Flower, by ſome of the Bakers near the King's Brew-houſe at the *Hermitage*, beyond *Tower-Hill*, *London*, for Captains and Officers of Ships, in which neither Yeſt nor Salt is uſed; I ſhould prefer therefore Pap or Panada made with this very white Sea Biſcuit, firſt very finely grated, as much better for Infants than either that made with other Bread, or that made with Meal or Flower, ſince it will not be liable to ferment, or turn ſour or ſharp, as that made with Bread, in which Yeſt is uſed, does on one Hand, nor lie ſo heavy on the Stomach, or breed Crudities as that made with Flower or Meal, not ſufficiently dried, will on the other hand. But if ſuch Biſcuit cannot be had, then Pap or Panada, made with Flower very well dried, or baked in an Oven, will be the next beſt for young Infants.

These little Creatures are ſo very tender, in the Month eſpecially, that there is but little Room for Medicines, except ſuch as are very gentle, ſafe, and harmleſs in their Nature, to remedy the Diſorders they are liable to; but as moſt of their Illneſſes, ſuch as Gripes, Looſeneſſes, Fits, and almoſt all their other Diſorders, are generally attended with, and moſt commonly occaſioned by ſharp ſour Humours in their firſt Paſſages, the Stomach and Bowels; ſo nothing proves a more certain Remedy for almoſt all their Illneſſes, than a proper Compoſition of what is called the Teſtaceous Powders, ſuch as *Pearl*, *Coral*, *Crab's Eyes*, *Crab's Claws*, &c. and the beſt Compoſition of theſe, for thoſe Infants, and what is always kept ready prepared in every *Apothecary*'s Shop, is what is call'd the *compound Powder of Crab's Claws*, or vulgarly *Gaſcoign's Powder*.

This Medicine is as innocent as white Sea Biſcuit, and may be given with the utmoſt Safety to the youngeſt Infants,

ſince it cannot poſſibly do them any Harm, and in all their Illneſſes, Gripes, Looſeneſſes, and green Purgings, effectually cures them like a Charm. Five Grains of it is a fit Doſe for a Child in the Month, and may be given to it every four or ſix Hours till the Illneſs is cured, mix'd in a Spoon with a little of any agreeable Liquor, giving it a ſmall Spoonful or two of the ſame after each Doſe; but the beſt Liquor to give *Gaſcoign's Powder* in, if the Child has a Looſeneſs, is thin *Hartſhorn Drink*, which is called the White Drink, and is made by *boiling half an Ounce of Powder of Burnt Hartſhorn, with a Bit of White Bread, or rather white Sea Biſcuit, and a very little Cinnamon, in a Quart of Spring Water, till it comes to a little above a Pint, which then is ſtrained thro' a Cloth, and ſweeten'd with the very fineſt Loaf-Sugar for Uſe.*

A little of this *Hartſhorn Drink* may be given to Children troubled with a Looſeneſs at other Times, beſides when *Gaſcoign's Powder* is given, and will prove very ſerviceable. As five Grains of *Gaſcoign's Powder* is a fit Doſe for an Infant in the Month, ſo ſeven Grains is a proper Doſe for a Child when it is five, ſix, or ſeven Months old, and may be repeated every four or every ſix Hours as before directed.

But to carry off the ſharp griping Humours and green Purgings effectually, *five Grains* of choice *Rhubarb* in fine Powder, mix'd with *five Grains* of *Gaſcoign's Powder*, may be given to a Child in the Month, to purge it, which it will very gently and ſafely do, and may be repeated once or twice a Week, if there ſhould be Occaſion; and with *Gaſcoign's Powder* given alone on the intermediate Days, as above directed, will aſſuredly cure the Gripes, Looſeneſſes, and green Purgings thoſe little Infants are ſo much ſubject to.

As my Deſign here is only to adviſe to the beſt Method of managing Infants, ſo as to preſerve their Health and prevent Illneſs, and not to treat profeſſedly of Children's Diſeaſes, I ſhall mention no more Medicines, nor indeed is there much Occaſion, *Gaſcoign's Powder* that I have directed to (after purging them with five or ſix Grains of *Rhubarb* as I have adviſed) being almoſt an univerſal Remedy, for almoſt all Infants Illneſſes, in the firſt Months eſpecially.

But to prevent their having the *Thruſh*, or ſore Mouth, with which many Infants are ſeverely tortured, I would adviſe that they ſhould be religiouſly kept from all ſtrong Liquors whatever, ſince they are found to inflame their Blood and occaſion that Diſeaſe, which on the contrary may be prevented by keeping them to cooling and ſmall Liquors, giving them a little Black-Cherry Water two or three Times a Day, letting them drink a little Tea now and then, or Spring-water turn'd brown, and the Cold a little taken off, by putting a Bit of hot, very hard, and very brown toaſted,

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but not burnt, Bread in it; or even a little Draught, or about a Spoonful of Spring-water alone, after the first two Months, if they are found to be droughty; which will keep their little Stomachs clean, dilute their Juices, and carry off those Salts by Urine, which would otherwise inflame their Blood, and ulcerate their little Mouths.

I shall now proceed farther concerning the Management of Infants; and here I wish I had the Eloquence of *Cicero*, to persuade the Ladies to one Thing more, in regard to the tender helpless Fruit of their Wombs; and yet were I inspired with all the Eloquence of the most excellent Old *Roman*, and more antient celebrated *Grecian* Orators, or were I dictated even by an Angel, I should almost despair of succeeding, since prevailing Fashion, false Notion, Pride, Ease, Dress, Visiting Days, Plays, Opera's, Assemblies, Masquerades, the Drawing Doom, the Diversions of Quadrille, *Tunbridge*, the *Bath*, and all the luxuriant Elegance to which the *Beau Monde* are now accustomed, strenuously oppose it: Yet as Nature loudly calls, Reason strongly presses, and all the tender Passions of Love, affectionate Fear, benevolent Commiseration, and all the social Virtues, moral Duties, and even the Health of the Fair Sex, ardently plead for it, I will just dare to hint at what in this polite refined Age is become almost too coarse to mention, *Suckling their own Children.*

WHY does Nature send Milk into the Mother's Breasts directly upon Child-birth, but because it is much more proper to cleanse, nourish, strengthen, and preserve the Infant, than any thing else Art can contrive, or human Wisdom invent? Nor is the Milk of another Woman, altho' she is newly deliver'd of a Child also, by any Means so fit for it as that which may be justly call'd its own, which is truly homogeneous to it, and tends to preserve its Life infinitely more certainly than any other can.

BY the Child's drawing the Mother's Breasts, not only its own Life, but her Health will be most likely to be preserved: Repelling and drying away the Milk presently after Women are brought to Bed, is many Times attended with ill Consequences, such as Tumours and Inflammations, ill-conditioned Ulcers, and sometimes Cancers in the Breasts; and if thro' good Management these Accidents are prevented, yet they are seldom so perfectly well and healthful, and so free from the Hysterick Disease or Vapours afterwards, as those are who suckle their own Children; not to mention the real Pleasure Suckling occasions to the Fair Sex, nor the exquisite Delight it must give to an affectionate Mother, to see the dear pretty Smiles and engaging little Actions of her charming Baby, whilst it lies revelling at her Breast, and with an

inexpreſſible winning kind of Gratitude in its lovely Countenance, joyfully and pleaſantly drawing the Milk for its own and her Advantage, and apparently thriving, and its ſoft dimpled Cheeks becoming freſh, ruddy, and plump, by what is ſo natural and kindly to it.

Of ten diſcreet and affectionate Women who ſuckle their own Infants, and by that Means have them always under their own Eye and immediate Care, ſcarcely one of them ſhall loſe her Child; whereas of the like Number of Infants ſuckled by hired Nurſes, ſcarcely one third of them ſhall live; and if they are endeavoured to be brought up by Hand, by the juſteſt and moſt moderate Computation, for one that lives, five at leaſt die.

It appears by the yearly Bills of Mortality, that in ſeven Years, ending the 9th of *December* 1735, there died ſeventy-two thouſand ſix hundred and ſeventy-four Children under two Years of Age in and near *London*; which, taking one Year with another, is ten thouſand, three hundred and eighty-two Infants a Year: Of which Number we may modeſtly ſuppoſe that at leaſt one half, or more than five thouſand, died through Careleſſneſs, and probably the greateſt Part of thoſe by being kept too cool in the Month, and by being denied the moſt natural Nouriſhment from their Mothers Breaſts.

That upwards of five thouſand Infants therefore die every Year, or about one hundred every Week, in and near *London*, and fall a Sacrifice to Error and Faſhion, or in plainer Words, for want of being kept very warm in the Month, and for want of the Milk of their own Mothers Breaſts, is a moſt melancholy and ſhocking Conſideration, and well worth every tender Female's Concern.

And if thoſe Infants who are ſuckled by hired Nurſes do ſurvive, they often ſuck in Diſtempers of the Body, and bad Paſſions of the Mind with their Milk; hence they become irremediably diſeaſed as they grow up; hence their Affections are alienated from the Mothers who bore them, and their Minds are ill-turned; hence in the Son of a Gentleman is often found the ſordid Soul of a Porter or a Clown. How often do Gentlemen and Ladies complain of their Children when grown up, that they take after neither Father or Mother, that their Way of Thinking and Behaving is wholly different from theirs, and then wonder how it happens? But would they recollect from whom they received their wrong Conceptions of Things, and firſt Impreſſions, which always ſtick the cloſeſt, they might eaſily trace their ill-turn'd Thoughts, inordinate Deſires, vicious Inclinations, and evil Paſſions of Mind, to the Nurſes who gave them ſuck.

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I would not be underſtood to aſſert, that barely the Nurſes Milk, ſimply conſidered, can alter the Rudiments of a Child's Mind, that being a Philoſophical Diſpute, to which much may poſſibly be ſaid on either Side of the Queſtion; but this is certain, that either the Milk, or the Ideas the Infant receives from the Nurſe, whilſt ſhe tends and ſuckles it, or both together, do make ſuch Impreſſions on the Mind of the Infant, different from thoſe it would have received from its own Mother (unleſs we can ſuppoſe the Mother and Nurſe to be exactly alike in Body, Mind, and all other Circumſtances, which cannot reaſonably be ſuppoſed) as are not afterwards to be effaced or blotted out, by the longeſt Time or moſt polite future Education.

The Reply of a witty Extravagant, when admoniſhed of his Duty to his Parents, 'That his Father begot him for his 'Pleaſure, his Mother was deliver'd of him for her Eaſe, and 'both of them cauſed him to be brought up for their own Re-'putation, and that therefore he was not ſo much indebted to 'them,' may in ſome Senſe be too true, where the Mother is ſo void of Bowels of Compaſſion for her tender Babe, Part of her own Life, as to refuſe it the Breaſt that Nature deſign'd for it, and by that Means perhaps refuſe it Preſervation, or at leaſt its Health of Body and Mind, and future Welfare in the World.

The moſt ſavage of Brutes, ſuch as Lioneſſes, She-Bears, Tygers and Wolves, are ſo very tender of their Young, as on no Account to with-hold their Milk from them; but on the contrary will forego their uſual Haunts, Rangings, and Sports, and even ſuffer the utmoſt Rigour or ſharpeſt Hunger for their Sakes, and almoſt ſtarve themſelves, rather than leave and deprive their Young of their Milk ſo long, as ſeeking for their wonted Prey requires.

And ſhall Women, the laſt and beſt created, and who generally by much excel the Male Part of our Species for real Goodneſs, Humanity, and tender Sentiments of Mind in almoſt all Reſpects---ſhall Women only, the faireſt and moſt lovely Part of the whole Creation, endued with the ſofteſt Paſſions, fineſt Spirits, and tendereſt Affections--ſhall the Fair Sex alone, I ſay, of all other female Creatures, and thoſe of *Great Britain* too, by far the moſt excellent, and beſt accompliſh'd in the whole World, fall below the moſt cruel and ravenous Beaſts of Prey, in this Particular—in this Point of Tenderneſs and Compaſſion for their helpleſs Young --and refuſe them the Breaſt, the greateſt Bleſſing that Merciful Heaven has ordain'd for them!--Good God! that it ſhould be ſo!---But ſo it is, and moſt amazing that it is ſo! and can ſurely proceed only from their not being duly and ſufficiently appriſed of the vaſt Numbers of Infants that

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are yearly ſpoil'd and deſtroy'd, I had almoſt ſaid murdered, by being denied the Milk of their own Mothers Breaſts, the beſt and trueſt Cordial Preſervative for Infants Lives in Nature.

For it is not poſſible, I think, to ſuppoſe, that the engagingly meek, and moſt angelick Sex, ſo juſtly celebrated for compaſſionate Affection, Softneſs of Spirit, and Tenderneſs of Heart, would knowingly expoſe their innocent little Lambs to the imminent Hazard of their Lives, and become acceſſary to their Death, if they do die, by refuſing to ſuckle them.---I ſay it cannot ſurely be ſuppos'd, that when they are ſenſible they have it in their own Power, in all Probability, either to preſerve their Infants by the Milk of their Breaſts, or deſtroy them by debarring them from it, they would willingly refuſe the firſt, or with cruel hard Hearts barbarouſly reſolve the laſt.

It muſt therefore proceed from their not being appriſed of the great Danger they expoſe their Babes to, by not ſuckling them, that makes them omit it; and what prevents their becoming thoroughly ſenſible of this Danger, is the vile Error conſtantly infuſed into them, that Children do as well with another's Milk as their own, and by being brought up by Hand, as with the Breaſt, both which are abſolutely falſe in Fact, as Experience and due Enquiry does and ever will demonſtrate; for tho' ſome few do well either Way, yet many, very many more are loſt, that might certainly have been ſaved by their Mothers Milk.

The firſt Thing that many Midwives and Nurſes, who are recommended to Perſons of Fathion, endeavour to find out, is how their Women's Inclinations for managing their Children ſtand; if they find they are the leaſt inclined either to a Wet-Nurſe, or to the bringing them up by Hand, they immediately encourage it, and give ſeveral Inſtances of very fine Children who have been brought up that Way, without the leaſt mentioning the many, many more, who were that Way loſt; ſo much and ſo generally does either Error or Wickedneſs take Place!

It is very certain that ſome few Ladies, through Illneſs and Weakneſs, are abſolutely unable to ſuckle their Infants; ſuch muſt truſt to divine Providence, after doing all they can for their dear Babes, and will do well to get honeſt, healthy, ſober, good-humour'd, ſenſible Wet-Nurſes in their Houſes; but for one Lady who is really too ſickly and weakly to undertake this good and pleaſant Office for her Infant, there are five who are impoſed upon by thoſe about them in that Reſpect, and are perſuaded they are not able to ſuckle their own Children, when they are, and when the very ſuckling of them would prove the greateſt Service to themſelves, in reſtoring them to Health.

WEAKLY and Hyſterical Women, or ſuch as are afflicted with the Vapours, are commonly told, and too often believe they are unable to do it. Now it is very certain, that Hyſterical Women for the moſt Part breed too much Blood, and this Repletion, for Want of a ſuitable Diminution of the Juices, that laborious Women in the midſt of their Poverty have the Bleſſing of, cauſes all the diſmal Train of Diſorders that come under the Name of Vapours, and are frequently much more ſurely cured by the natural conſtant Drain of their Milk, by ſuckling their Infants for many Months, than they would be by a whole Magazine of Phyſick taken for Years together.

A Lady who had been miſerably afflicted with the Hyſterick Diſeaſe for many Years, and tortured with the moſt grievous Pain, and ſevereſt Convulſions in her Bowels I ever knew, was at length, by my Directions for her, reſtored to a tolerable State of Health, but not perfectly cured; ſoon after which, proving with Child, all the Symptoms of her former Illneſs quickly vaniſhed, and I adviſed her to reſolve to ſuckle her Infant when it ſhould be born, which ſhe very readily came into, being too affectionately tender to think of any other Method, if ſhe could poſſibly go thro' with it.

HER Midwife and Nurſe, when ſhe was brought to Bed, admired that ſhe who was then ſo weak and ill as ſhe was, and had been ſo very bad for ſome Years before, would attempt to ſuckle her Child, and uſed all the Arguments they could, to diſſuade her from it; but ſhe was Miſtreſs of too much good Senſe and Affection for her Infant, to be biaſſed by what they ſaid: At laſt finding her Love to her Child, and Fear of its Welfare were exceeding great, they attack'd her another Way; they repreſented that ſhould ſhe begin and ſuckle her Child for ſome Weeks, and then ſhould find ſhe could not go thro' with it, (as they ſaid ſhe certainly would not be able to do) then the Weaning the Infant, or putting it to another Breaſt, would very much endanger its Life.

THIS Artifice ſomewhat ſtagger'd her Reſolution; but her Doubt in this Particular being communicated to me, and my Advice demanded, I ſoon ſet her right, and aſſured her ſhe would not only be able to go thro' with ſuckling her Infant, but would enjoy her Health much better than if ſhe did not ſuckle it: And ſo it has proved, for ſhe is at the Writing of this, perfectly well, and for nineteen Months paſt, ſo many being elapſed ſince ſhe was brought to Bed, has been more healthy and briſk than ſhe had been at any Time for ten Years before, and has now certainly one of the fineſt and healthieſt Children this Day in *England*.

THIS Inſtance alone, of many of the like kind I could give, is ſufficient to ſhew how frequently the Fair Sex are miſtaken,

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as well as those about them, when they imagine they are too weak to attempt suckling their Children, and will I hope encourage them to undertake it for their own Health's Sake, and as the best Means for their Infant's Preservation.

THOSE Ladies therefore who have any true affectionate Regard for their Children's Lives, or any Sense of the natural Duty incumbent upon them, to preserve their tender Babes by all possible Means in their Power, will be glad I have pointed out to them the two chief Rocks, on which such Numbers of Infants yearly perish; I mean the keeping them too cool, and the bringing them up by Hand, or by mercenary or hired Breasts; and will readily and with Pleasure follow my Advice, and strictly pursue the Directions I have given in every Particular, for the Good of those helpless Babes.

BUT those few Women, and very few such brutal ones I hope there are, who take delight only in the Means of having Children, or the Reputation of having had them, without caring whether they live or die, or what becomes of them after they are born, will slight what I have wrote in this Chapter, and intirely disregard it.

So likewise, Midwives and Nurses of Sense and good Understanding, who meet with this Book, and have any conscientious Regard to the Preservation of the Lives, and the Welfare of Infants, will directly embrace my Sentiments in every Respect, and for the future advise their Women to suckle their own Children, and, for the first Months especially, carefully to keep them very warm.

BUT such Midwives and Nurses, who are either weak in Mind, fond of fantastick Fashions, or conceited in the false Notions they have imbibed; and such who to secure their Interest with their Women, readily fall in with their Inclinations, be they right or wrong, instead of candidly advising them to what they know is best; and such also, Nurses especially, who have more Regard to their own Ease, and the Money they get in the Month, than to the Life, Health, and Welfare of the Infant, will, instead of approving the Advice I have given, oppose its being followed, and will still, either weakly or wickedly, persist in advising and pursuing the ill Methods I have censured, to the Destruction of many helpless innocent Babes, for whose Lives they must expect one Day to answer.

IT may be very necessary here to take notice, that sometimes Gentlemen will not permit their Ladies to suckle their Infants, altho' they are willing and desirous of undertaking that good Office; which is an Error, that one Instance, which happen'd within my own Knowledge, will set in a due Light.

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A Gentleman of bright Parts, good Learning, and excellent Judgment, at near thirty Years of Age, married a fine Lady about twenty-three, of great Senſe, and extraordinarily well accompliſh'd in every other Reſpect, of whom he was exceedingly fond: Before a Year was quite expired ſhe was brought to Bed of as fine a Boy as ever was beheld, whom ſhe would fain have ſuckled; but the Gentleman, what with thinking it would abridge him of the great Pleaſure he took in frequently going into the Country with his Lady, and to bright Aſſemblies, and the uſual Diverſions in Town; what with fearing it might impair her Health and Beauty, and what with giving into the Opinion of the Midwife and Nurſe, who both of them aſſur'd him the Child might as ſafely and as well be brought up by Hand as by the Breaſt, abſolutely refuſed his Aſſent; upon which the Lady's Milk was dry'd away, and the Child, as likely to live as any Child in *England*, was endeavour'd to be brought up by Hand; but notwithſtanding all the Care that could poſſibly be taken that way, about the ſeventh Month, when it was breeding Teeth (during all the Time of which nothing can enable an Infant to go thro' that Miſery with ſo much Eaſe, or ſo ſurely preſerve its Life, as the Breaſt) it died, to the great Grief of both Father and Mother.

The Loſs of this fine Boy touch'd the Gentleman very near, and put him upon enquiring where-ever he had a proper Opportunity, concerning the beſt Method of bringing up Infants, ſo as to preſerve their Lives; and he was ſoon convinced, tho' too late, that the Mother's Breaſt is the only beſt Preſervative for a Child in the World, and that the Suckling an Infant is ſo far from impairing a Lady's Health, Strength, or Beauty, that with due Care in other Reſpects, it tends to preſerve and increaſe them all.

This Knowledge, which he took ſome Pains to acquire, from the moſt judicious Perſons he could meet with, ſerved to augment his Affliction, as it caus'd him conſtantly to accuſe himſelf for the Loſs of his Child; nor could he forbear at all times, as often as Opportunity preſented, to inveigh bitterly againſt thoſe Midwives and Nurſes, who thro' Wickedneſs or Ignorance diſſuade Ladies from Suckling their own Children, inſtead of perſuading them to it.

And what added to both his and his Spouſe's Misfortune, ſeven whole Years paſt without their having another Child, or his Lady ſo much as once conceiving, which he frequently ſaid he look'd upon as a Puniſhment from Heaven, for his not ſuffering his Spouſe, thro' the vile Counſel of the Women about her, to take the only due and true Care of his dear Boy, as ſhe would fain have done.

At length, adviſing with me concerning his having no Children, and both himſelf and Lady, by my Direction,

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taking the *Prolifick Elixir* and *Powerful Confect* exactly as adviſed in this Book, his Spouſe ſoon conceived again to their great Joy and Satisfaction; and they have now, it being about five Years ſince their taking thoſe efficacious Medicines, three charming Children, healthy, ſtrong, and briſk, all which the Lady ſuckled herſelf, and is nevertheleſs full as beautiful and finely ſhaped as ever.

But before I conclude, I muſt not omit taking Notice of one troubleſome Incident, that attends ſome few Women in Suckling their Children in the Beginning, or for the firſt Week or ten Days, and that is the Chapping or Soreneſs of their Nipples, which in ſome has been ſo unſufferably painful, as to cauſe them, contrary to their ſtrongeſt Inclinations, to ſtop ſhort, and to lay aſide their firſt laudable and ſeemingly fix'd Reſolution of ſuckling their Infants.

To remedy this Inconvenience, ſeveral Medicines, Oils, Ointments, and Liniments are adviſed by Authors, many of which are very good for Chaps and Soreneſs, but for the moſt Part are unfit to be uſed to the Nipples; ſome of their Ingredients being Preparations of Lead, Braſs, or *Lapis Calaminaris*, &c. which are very noxious and dangerouſly hurtful to an Infant, if by Accident any Part of the Remedy ſhould happen to remain about the Nipple when it takes it into its pretty Mouth.

This Conſideration put me on inventing the following admirable *Healing Balſam*, every Ingredient of which is very good and wholeſome, and can do no Manner of Injury to the Infant, altho' the Balſam, after it has been uſed to the Nipples, ſhould chance not to be wiped very clean off when the Child is ſuckled; and yet is much more efficacious for the Intention than any thing I ever met with, or have ſeen preſcribed; for if it is uſed to the Nipples before they are actually chapp'd, or as ſoon as there is any Tendency that way, or to Soreneſs, it abſolutely prevents it from ever happenning; and where they are already chapped or ſore, this moſt excellent *Healing Balſam* almoſt inſtantly cures them: Two or three Times uſing it moſt certainly heals the very worſt Chapping, and perfectly takes off all the ſevere Pain, Soreneſs, and intolerable Smarting, ſetting all to Rights, and intirely removing the Inconvenience in a ſeemingly wonderful Manner. *It is thus made:*

No. 17. The Healing Balſam.

Take of right Balm of Gilead, *two Ounces; of the choiceſt* Straſburgh *Turpentine, two Ounces; of the fineſt purified Wax, eight Ounces; of Deers Suet, perfectly ſweet and freſh, a Pound and half; of the niceſt new, cold drawn Oil*

of

of Bitter Almonds, ſix Ounces; put them all into a digeſting Glaſs, and add to them of rectified Spirit of right Muſcadine Wine, three Pints, and of my Conſolidating Eſſence, four Ounces; let them digeſt together in a very gentle Sand Heat for twelve Days or a Fortnight; then put the whole into a Glaſs Retort, fix to it a Receiver, and draw off by a gentle Heat about a Quart of Spirit; but beſure do not diſtil to Dryneſs, for then the Reſiduum will have an Empyreuma or an offenſive Smell: Return the drawn-off Spirit into the Retort again, and again diſtil, drawing off about a Pint and half, which cohobate again upon the Magma, drawing the Spirit off as before, repeating this Work three or four times or oftener; and you will find leſs and leſs come off every Time, till at laſt little or no Spirit will come over, and what remains in the Retort, will be of the Conſiſtence of a Balſam, which then carefully reſerve for Uſe.

WITH this fine *Healing Balſam*, the Nipples ſhould be anointed every Night and Morning, and immediately after every Time the Child is ſuckled, till all manner of Soreneſs is intirely vaniſhed, which will ſoon be. Before the Child is put to the Breaſt, it will be proper to let the Nipple be well cleanſed from the *Balſam*, either by wiping it with a very fine ſoft Bit of Linnen, or waſhing it well off with a little warm Milk; for tho' it is very harmleſs, yet the Taſte may be diſagreeable to the Infant, and make it diſlike the Breaſt.

THE ſurpriſing Effects of this admirable *Healing Balſam*, in curing chapp'd or ſore Nipples, and all Chaps or Soreneſs of the Lips, the Hands, or of any other Part of the Body, is almoſt incredible, and that for its more ſpeedily and perfectly compleating the Cure than any thing elſe will; and therefore I do earneſtly recommend it, as being what will infallibly remove the fatiguing Inconvenience of chapp'd or ſore Nipples, by aſſuredly preventing it, if it be uſed in Time, or as ſoon as there is any the leaſt Tendency towards it, and directly healing and intirely curing it, be it ever ſo bad, where it has already happened.

AND as thus the only material Inconvenience of ſuckling Children may be certainly prevented where it is not, and intirely and in a Manner inſtantly cured where it is, I hope it will ceaſe to be an Objection, or the leaſt Diſcouragement to Ladies ſuckling their tender Babes, in order more ſurely to preſerve their Lives.

FINIS.

A Catalogue *of all the* Medicines *preſcribed in this Book, and which are to be had, by the Author's Appointment, of the* Gentlewoman *at the* Two Blue Poſts *in* Haydon-Yard *in the* Minories, London; *where only he has allow'd them to be diſpoſed of, at the following Prices,* viz.

No. 1.	The Purging Pills preſcribed in *Page* 5.	3	6
2.	The Opening Powder, *p.* 6.	5	0
3.	The Corroborating Electuary, *p.* 7.	5	0
4.	The The Laxative Electuary, *p.* 14.	3	6
5.	The Cooling Anodyne Powder, *p.* 14.	3	6
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10.	The Intrinſick Liniment, *p.* 27.	2	6
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12.	The Sanative Fomentation, *p.* 39.	5	0
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15.	The Stimulating Balm, *p.* 58.	5	0
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17.	The Healing Balſam, *p.* 102.	3	6

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